



THE
Accomplisht Ladys
Delight.
*In Preserving, Physick, Beau-
tifying and Cookery.*



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The Accomplish'd
LADIES DELIGHT

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Preserving, Physick, Beautify-
ing, and Cookery.

CONTAINING

I. The ART of PRESERVING,
and CANDYING Fruits and Flowers, and
the making of all sorts of Conserve, Syrups, and
Jellies.

II. The PHYSICAL CABINET,
Or Excellent Receipts in Physick and Chirurgery,
Together with some Rare Beautifying Waters, to
adorn and add loveliness to the Face and Body:
And also some New and Excellent Secrets and Ex-
periments in the ART of ANGLING.

III. The Compleat COOKS GUIDE,
Or, directions for dressing all sorts of Flesh, Fowl
and Fish, both in the *English* and *French* Mode,
with all Sauces and Sallets; and the making Pyes,
Pasties, Tarts, and Custards, with the Forms and
Shapes of many of them.

The Fifth Edition Enlarged.

L O N D O N,

Printed for Benjamin Harris, at the Stationers Arms
and Anchor, in the Piazza, at the Royal-Exchange
in Cornhill, 1685.



TO THE
LADIES
AND
GENTLEWOMEN.

LADIES,

THough there have been many Books Extant of this kind, yet I think something hath been deficient in them all! I have therefore adventured to make another, which I suppose comprehends all the Accomplishments necessary for Ladies, in things of this Nature. For you have here

1. The Art of Preserving and Candyng all Fruits and Flowers, as also of making Con-serves, both wet and dry, and also the prepa-ring of all sorts of Syrraps, Jellies, and Pic-kles.

2. Here are some Excellent Receipts in Physick and Chyrurgery for curing most Di-seases incident to the Body. Together with some Rare Beautifying Waters, Oyls, Oynt-ments, and Powders, for Adornment of the Face and Body, and to cleanse it from all De-formities that may render Persons Unlovely;

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there

The Epistle Dedicatory.

there are also added some choice Secrets and Experiments in the Art of Angling; a Recreation which many Ladies delight in, and is not therefore thought altogether improper in a Book of this Nature.

Lastly, You have here a guide to all manner of Cookery, both in the English and French Mode, with the preparing all kind of Sallets and Sauces proper thereunto.

Together with Directions for making all sorts of Pies, Pasties, Tarts, and Custards, with the Forms and Shapes of many of them to help your Practise, with Bills of Fare upon all Occasions. So that in the whole I hope it may deserve the Title of the Accomplish'd Ladies Delight, and may acquire Acceptance at your Fair Hands, whereby you will very much Encourage and Oblige,

Ladies,

Your very Humble Servant,
and Admirer, T. P.

THE

The Art of Preserving, and Candy- ing Fruits and Flowers, as also of making all sorts of Conserves, Syrups and Jellies.

1. To make Quince Cakes.

BAke your Quinces in an Oven with some of their own juyce, their Coars being cut and bruised and put to them, then weigh some of this juyce with some of the Quince, being cut into small Pieces, taking their weight in sugar, and with the Quince some quantity of the juyce of Barberries, then take the clearest Syrup, and let it stand on the Coals two or three hours, and let them boyl a little on the fire, then Candy the rest of the sugar very hard, and so put them together, stirring it while it is almost cold, and so put it into Glasses.

2. To make Conserve of Barberries.

When the stalks are pickt off, boyl them in fair water till they swell and be very soft, then bruise them in a Morter, then strain them, and boyl them again by themselves, then take for every pound of them two pound of sugar, and boyl them together, but not too long, for then it will Rope.

3. To make Conserve of Roses.

Take of the buds of red roses, and slip away the white ends, and then slip the rest of the Roses as small as you can, and beat them fine in a Marble Morter; and put to every pound of Roses, three pound and a half of Sugar, then put it up in a Gally pot and set it in the sun for a fortnight.

4. *To make Cinnamon Water.*

Take a quart of White-wine, a quart of Rose-water, a Pint of Muscadine, half a pound of Cinamon bruised, lay the Cinamon to steep in the wine twelve hours, stirring them now and then, afterwards put them into an Alembick, and still them with a gentle fire, and you may draw off from it three pints; But if you will not have it strong, instead of Muscadine put in so much Rose-water or White-wine.

5. *To preserve Quinces white.*

Take to every pound of Quince, a pound and a quarter of Sugar, clarify the Sugar with the white of an Egg, core your Quinces, but not too much, then put this Sugar, and Water, and Quince, being raw together, and so make them boyl so fast that you can see no Quince, but forget not to turn them, and take off what scum you can, keep them boyling thus fast till you think they are enough.

6. *To preserve Raspices.*

Take of the fairest and well coloured Raspices, and pick off their stalks very clean, then wash them, but be sure not to bruise them; then weigh them, and to every pound of Raspices, put six ounces of hard Sugar, and six ounces of Sugar-Candy, and clarify it with half a pint of fair water, and four ounces of juyce of Raspices, being clarified, boyl it to a weak Syrup, and then put in your Raspices stirring them up and down, and so let them boyl till they are enough, and you may keep them all the year.

7. *To make Mackroons.*

Take Almonds, blanch them, and beat them in a Morter, with terced Sugar mingled therewith, with the white of an Egg and Rose-water, then beat them altogether till they are as thick as Fritters, then drop it upon your wafers, and bake it.

8. *To preserve Cherries.*

Take some of the worst Cherries and boyl them in fair water, and when the Liquor is well coloured strain

strain it, then take some of the best Cherries you can get, with their weight in beaten Sugar, then lay one laying of Sugar and another of Cherries, till all are laid in the Preserving Pan; then pour a little of the liquor of the worst Cherries into it, boyl your Cherries till they be well coloured, then take them up, and boyl the Syrup till it will button on the side of the dish, and when they are cold, put them up in a Glasse covered close with Paper until you use them.

9. *To make Conserve of Oranges and Lemmons, or Pippins.*

Boyl any of these Fruits, as you would do to make past thereof, and when it is ready to fashion upon the Pye-plate, then put it into your Gally pots, and never dry it; and this is all the difference betwixt Conserve and Paste, and this serves for all hard Fruits, as Pippins, Oranges and Lemmons.

10. *To make Syballs.*

Take fine flower dry'd, and as much Sugar as flower, then take as much whites of Eggs as will make it Paste; put in a little Rose-water, with a quantity of Corlanderseed and Anniseed, then mould it up in the Fashion you will bake it in.

11. *To make Syrup of Clove-gilly-flowers.*

Take a pound of Clove-gilly-flowers, the whites being cut off, infuse them a whole night in a quart of fair water, then with four pound of Sugar dissolved in it, make it into a Syrup without boyling.

12. *To make Syrup of Violets.*

Take of Violet flowers fresh, and pick a pound, clear water boyling one quart, shut them up close together in a new glazed pot a whole day, then press them hard out, and in two pound of the Liquor dissolve four pound and three ounces of white Sugar, take away the scum, and so make it into a Syrup, without boyling.

13. *To make Marmalade of Quinces.*

Take a pottle of water, and four pound of Sugar, and let them boyl together, and when they boyl, scum them

them as clean as you can, then take the Whites of two or three Eggs and beat them to Froath, put the froath into the pan to make the scum rise, then scum it as clean as you can; take off the Kettle and put in the Quinces, and let them boyl a good while and stir them, and when they are boyled enough put them into boxes.

14. To make Hippocras.

Take a Gallon of White-wine, two pound of Sugar; and of Cinamon, Ginger, long Pepper, Mace not bruised, Grains, Galingal, Cloves not bruised, of each two penny worth, bruise every kind of Spice a little, and put them together into an earthen pot for a day, then cast them through your bags two or three times, as you see cause and so drink it.

15. To make Almond-Butter.

Take your Almonds and blanch them, and beat them in a morter very small; and in beating put a little water, then when they are beaten pour in water into two pots, and put half into one, and half into another, put Sugar to them and stir them, and let them boyl a good while; then strain it through a strainer and so dish it up.

16. To preserve Quinces red.

Pare your Quinces and coar them; then take as much Sugar as they weigh, putting to every pound of Sugar one quart of water, boyl your Quinces therein very leasurely being close covered, turn them to keep them from spotting; and when they are so tender that you may prick a hole through them with a rush, and that they are well coloured, then boyl the Syrrup till it will button on a dish, and so put your syrrup and them together.

17. To pickle Cucumbers.

Wash your Cucumbers clean, and dry them in a cloath, then take some Water, Vinegar, Salt, Fennel-tops, and some Dill-tops, and a little Mace, make it sharp enough to the tast, then boyl it a while, and

and then take it off, and let it stand till it is cold, then put in the Cucumbers, and lay a board on the top to keep them down, and tye them up close, and within a week they will be fit to eat.

18. To Candy Pears, Plumbs, and Apricocks to look as clear as Amber.

Take your Apricocks or Plumbs, and give every one a cut to the stone in the notch, then cast sugar on them and bake them in an oven as hot as for Maunchet close stoppt, bake them in an earthen Platter and let them stand half an hour, then take them out of the dish, and lay them one by one upon Glass plates, and so dry them; if you can get Glasses made like Marmalet boxes to lay over them, they will be the sooner Candyed. In this manner you may Candy any other Fruit.

19. To preserve Oranges.

Take a pound of Oranges, and a Pound of Sugar, peel the outward rind, and inward white skin off, then take juyce of Oranges and put them into the juyce, boyl them half an hour and take them off.

20. To make Oyl of Violets.

Set the Violets in salar Oyl, and strain them, then put in other fresh Violets, and let them lye twenty days, then strain them again, and put in other fresh Violets, and let them stand all the year.

21. To make Cream of Quinces.

Take a roasted Quince, pare it, and cut it into thin slices to the coar, boyl it in a pint of Cream with a little whole Ginger, till it tast of the Quinces to your liking, then put in a little Sugar and strain it, and alwayes serve it cold to the Table.

22. To make a March-Pan.

Steep two pound of pickled Almonds one day and two nights in fair water, and blanch them out of it, then beat them well in a Morter, and bedew them with Rose-water, put to your Almonds so many pound of Sugar. and beat your sugar with your Almonds, then make very fine crust either of Paste or

6 *Preserving, Conseruing,*

Water, and sprinkle it with Rose-water, and Sugar; then spread the stuff on it, and bake it at a very soft fire, alwayes bedewing it with Damask water, Clover, and Sugar; and lastly with a gut of Dates guilt, or long Comfits guilt, or with Cinamon-sticks guilt, or the Kernels of the Pine-apple, and so set it forth.

23. *To make Almond milk.*

Boyl French Barley, and as you boyl it, cast away the water wherein it was boyled, till you see the water leave to change Colour; as you put in more fresh water, then put in a bundle of Strawberry leaves, and as much Cullumbine leaves, and boyl it a good while, then put in beaten Almonds and strain them, and then strain it with Sugar and Rosemary, then strew some Sugar about the dish, and send it to the Table.

24. *To Preserve Apricocks or Pear-plumbs when they are green.*

You may take any of these fruits and scald them in water and peel them, and scrape the spongy substance of the Apricocks, or Quinces; so boyl them very tender, taking their weight in sugar, and as much water as to cover them, and boyl them very leasurely; then take them up and boyl the Syrrup till it be thick, and when they are cold put them up with your Syrrup into your preserving Glasses.

25. *To pickle French Beans.*

You must take your Beans and string them, boyl them tender; then take them off, and let them stand till they are cold, put them into the pickle of Beer Vinegar, Pepper and Salt, Cloves and Mace, with a little Ginger.

26. *To make an Excellent Jelly.*

Take three Gallons of fair Water, and boyl in it a knuckle of Veal, and two Calves feet slit in two, with all the fat clean taken from between the claws, so let them boyl to a very tender Jelly keeping it clean scum'd, and the edges of the pot always wip-
ed

and Candyng.

7

ed with a clean Cloth, that none of the scum may boyl in, strain it from the meat, and let it stand all night, and the next morning take away the top and the bottom, and take a quart of this Jelly, half a pint of Sherry Sack, half an ounce of Cinamon, and as much Sugar as will season it, six Whites of Eggs very well beaten, mingle all these together, then boyl it half an hour, and let it run through your Jelly-bag.

27. *To make Aqua Mirabilis.*

Take of Cloves, Galanga, Cubebs, Mace, Cardamums, Nutmegs, Ginger, of each one dram, juyce of Celandine half a pound, Spirit of Wine one pint, White-wine, three pints, infuse them twenty four hours, and draw off a quart with an Alembick.

28. *Dr. Stevens water.*

Take of Cinamon, Ginger, Galanga, Cloves, Nutmegs, Grains of Paradise, seeds of Annis, Fennel, Carraways, of each one dram; herbs of Time, Mother of Time, Mint, Sage, Penny royal, Pellitory of the Wall, Rosemary, Flowers of Red Roses, Camomile, Origanum, Lavender, of each one handful, infuse them twelve hours in twelve pints of Galcoign Wine, then with an Alembick draw three pints of strong water from it.

29. *To make good Cherry wine.*

Take the Syrrup of Cherries, and when it hath stood a while bottle it up, and tye down the Cork, and in a short time it will be very good pleasant Wine.

30. *To make wafers.*

Take a pint of Hower, a little Cream, the yolks of two Eggs, a little Rose-water with some scatted Cinamon and Sugar, work them together, and Bake them upon hot Irons.

31. *To preserve Grapes.*

Stamp and strain them, let it settle a while, before you wet a pound of Sugar or Grapes with the Juyce, stone

stone the Grapes, save the Liquor, in the stoning, take them off and put them up.

32. *To pickle Purslain.*

Take the Purslain and pick it into little pieces, and put it into a pot or Barrell, then take a little water, Vinegar and salt to your tast, it must be pretty strong of the Vinegar and salt, and a little Mace, and boyl all these together, and pour this Liquor boyling hot into the Purslain, and when it is cold tye it close, but lay a little board on the top to keep it down, and within a week or two it is fit to eat.

33. *To preserve green Walnuts.*

Boyl your Walnuts till the water tast bitter, then take them off, and put them in cold water, and peel off the bark, and weigh as much Sugar as they weigh, and a little more water then will wet the Sugar, set them on the fire, and when they boyl up take them off, and let them stand two days, and then boyl them again once more.

34. *To Preserve Currants.*

Part them in the tops, and lay a laying of Currants, and a laying of Sugar, and so boyl them as fast as you do Rasberies, do not put them in the Spoon but scum them, boyl them till the Syrrup be pretty thick; then take them off, and let them stand till they be cold, and put them in a Glasse.

35. *To make Goose-berry Cakes.*

Pick as many Goose-berries as you please, and put them into an earthen Pitcher, and set it into a Kettle of water till they be soft, and then put them into a sieve, and let them stand till all the juyce be out, and weigh the juyce, and as much sugar as syrrup, first boyl the Sugar to a Candy; and take it off, and put in the juyce, and set them in the press till they be dry, then they are ready.

36. *To make excellent broth.*

Take a Chicken and set it on the fire, and when it boyls scum it, then put in a Mace, and a very little Oatmeal,

Oatmeal, and such herbs as the party requires, and boyl it well down, and bruise the Chicken and put it in again and it is good broath: And to alter it you may put in 6 Prunes, and leave out the herbs or put them in as you please, and when it is well boyled, strain it and season it.

37. *To make Angellits.*

Take a quart of new Milk, and a pint of Cream and put them together in a little Runnel, when it is come well, take it up with a spoon, and put it into the Vate softly, and let it stand two days till it be pretty stiff, then slip it out and Salt it a little at both ends, and when you think it is salt enough set it a drying and wipe them, and within a quarter of a year they will be ready to eat.

38. *To make Jelly of Harts-horn.*

Take four ounces of shavings of Harts-horn of the inside, and two Ale-quarts of Water, put this in a pipkin and boyle it very gently till it come to a quart, the Harts-horn must be steeped 3 or 4 hours first, afterwards put a little into a saucer till it be cold, and if it be cold, and Jellieth, it is boyled enough, then being warm take it off the fire, and strain it hard through a cloath, and set it a cooling till it be a hard Jelly, then take two whites of Eggs, and beat them very well or with a sprigg of Rosemary or Birch, (but not with a spoon) till a water come in the bottom, then put these beaten Eggs, and the water thereof into a skillet and all the Jelly upon it with three spoonfuls of damask Rose-water, and a quarter of a pound of sugar, and when it boyls, stir and lay it pretty well, then strain it through a cloath and let it cool, and of this take four spoonfuls in the morning fasting, and four a Clock in the Afternoon, and this is excellent good for the weakness in the back.

39. To preserve Damsons, Red, or Black Plumbs.

Take their weight in Sugar and water enough to make a Syrup to cover them, so boyl them a little therein being close covered turning them for spotting, let them stand all night in their own Syrup, then set them upon a pot of seething water, and suffer your Plumbs to boyl no faster, then the water under them, and when they are both sweet and tender take them up, and boyl the Syrup again till they be thick, then put up your Plumbs and it together in your Preserving Glasses.

40. To make Rosemary-water.

Take the Rosemary and the flowers in the midst of May before the Sun rise, strip the leaves and flowers from the stalks, then take 4 or 5 Elecampane Roots, and a handful or two of Sage, then beat the Rosemary, Sage and roots together, till they be very small, then take three ounces of Cloves and as much Mace, and half a pound of Anniseeds, and beat these Spices every one by themselves, then take the herbs and the Spices, and put thereto 4 or 5 Gallons of good White-wine, then put in all these herbs, Spices and Wine into an earthen pot, and put the Pot into the ground about sixteen days, then take it up and distill it with a very soft fire.

41. To make Pomatum.

Take fresh Hogs suet cleansed from the films and wash in White-wine one pound, and as much sheeps suet wash in White-wine, then take about sixteen Pom water apples cleansed and boyled in Rose-water add to these Rose-wood, Sassafras, Roots of Orrise, Florentine of each six drams, of Benzoin, Storax, Calamita, half an ounce of each, and so make it into an Oyntment.

43. To make Oyl of sweet Almonds.

Take dried sweet Almonds as many as you please, beat them very small and put them into a rough hempen cloath, and without fire by degrees press out the Oyl.

44. An

44. An Excellent water against fits of the Mother.

Take Briony-roots, Elder-berries ripe, and drest at a gentle heat in a Furnace, and cleans'd from their stalks, of each two ounces; leaves of Mugwort, Dittany, Featherfew, Nep, Basil, Penny-royal, Rue, Sabine, all dried in the Sun, of each half an ounce, peels of Oranges the out-side dry'd, an ounce and a half, Myrrh, Castoreum, of each three drams, Saffron one dram, powder them and steep them eight days in two quarts of the Spirit of Wine; then strain them through a very quick Hair-strainer, keep the strained liquor in a Glass very well stopr.

45. To make Syrup of wormwood.

Take Roman Wormwood, or Pontick Wormwood half a pound, of Red Roses two ounces, Indian spike three drams; old rich white wine and juice of Quinces of each two pints and a half, bruise them in an earthen Vessel twenty four hours, then boyl them till half be wasted, strain it, and put to the straining two pounds of Sugar, and boil it to a syrup.

46. To make Conserve of Quinces.

Take three quarters of the juice of Quinces clarified, boyl it until two parts be wasted, then put to it two pounds of white Sugar, then boyl them to the thickness of Honey.

47. To make Syrup of Poppies.

Take the heads and seeds of white Poppy and black of each fifty drams, Venus hair fifteen, Licorice 5 drams, Jujubes thirty drams, Lettice seeds forty drams, and of the seeds of Mallows, and Quinces tyed up in a fine rag, of each one dram and a half; boyl them in eight pints of water, until half be wasted, strain it, and to every three pound of liquor put thereto Perrides and Sugar, of each one pound; boyl them to a Syrrup.

41. To make Honey of Roses.

Take of pure white Honey disparted, fresh juyce of red Roses one pound, put them into a Skillet, and when

when they begin to boyl, throw into them of fresh red Rose-leaves picked, four pounds, and boyl them until the juyce be wasted; always stirring it, then strain it and put it up in an Earthen pot.

49. *To make Syrup of Lemons.*

Take of the Juyce of Lemons purified by going through a Woollen strainer with crushing, three quarts and a half, and of white Sugar 5 pound, boyl them with a soft fire to a Syrup.

50. *To make Spirit of Wine.*

Take of good Claret, or white-wine, or Sack, enough to fill the Vessel wherein you make your distillation to a third part, then put on the Head furnished with Nose or pipe, and so make your distillation first in ashes, drawing about a third part from the whole; as for Example, six or eight pints out of four and twenty, then still it again in B. M. drawing another third part, which is two pints, so that the oftner you distil it, the less Liquor you have, but the more strong, some use to rectifie it seven times.

51. *To make Syrup of Maiden-hair.*

Take of the herb Maiden hair fresh gathered and cut a little, five ounces, of roots of Licorish scraped two ounces, steep them twenty four hours in a sufficient quantity of Hot water, then boyl them according to Art. Add four pound of Sugar to five pints of the clarified liquor, and then boyl them to a Syrup.

52. *To make Syrup of Licorish.*

Take of the Roots of Licorish scraped two ounces, of Colts-foot four handfuls, of Maiden-hair one ounce, of Hyssop half an ounce, infuse them twenty four hours in a sufficient quantity of Water, then boyl them till one half be wasted, add to the strained liquor a pound of the best clarified Honey and as much white Sugar, boyl them to a syrup.

53. *To make the Kings perfume.*

Take 6 spoonfuls of Rose-water, and as much amber grease as weigheth two Barley Corns, and as much

much Civet, with as much Sugar as weigheth two pence beaten in fine powder, all these boyled together in a Perfuming pan, is an excellent perfume.

54. *The Queens perfume.*

Take 4 spoonfuls of spike-water, and four spoonfuls of Damask water, thirty Cloves, and eight Bay-leaves, shred as much Sugar as weigheth two pence, all these boyled make a good perfume.

55. *King Edwards Perfume to make your house smell like Rosemary.*

Take three spoonfuls of perfect Rosemary, and as much sugar as half a walnut beaten in small powder, all these boylng together in a perfuming Pan upon hot Embers with a few Coals, is a very sweet Perfume.

56. *To make Conserve of Rosemary.*

Take your Flowers of Rosemary, which you may gather either in March or September when you have beaten them to pap, take three times their weight in Sugar, pound them altogether and set them in the Sun and so use them.

57. *To make Syrup of Cowslips.*

Take the distilled water of Cowslips, and put thereto your flowers of Cowslips clean pickt, and the green knobs in the bottom cut off, and boyl them up into a syrup, take it in Almond Milk, or some other warm thing; it is good against the Palsie and frenzy, and to procure sleep to the sick.

58. *To make Marmalade of Lemons and Oranges.*

You may boyl eight or nine Lemons or Oranges, with 4 or 5 Pippins, and draw them through a strainer; then take the weight of the pulp altogether in Sugar and boyl it as you do Marmalade of Quinces, and so box it up.

59. *To make Angelica Water.*

Take a handful of *Cardus Benedictus* and dry it, then take three ounces of Angelica-roots, one dram of Myrrh, half an ounce of Nutmegs, Cinnamon

namon and Ginger four Ounces of each, one dram and a half of Saffron, of Cardoneus, Cubes, Galingal and Pepper, of each a quarter of an ounce, two drams of Mace, one dram of Grains, of Lignum Aloes, Spikenard, *Junius Odoratus*, of each a dram, Sage, Borage, Buglos, Violets, and Rosemary flowers, of each half a handful, bruise them and steep them in a pottle of Sack twelve hours, and distil it as the rest.

60. *To make Quiddany of Cherries.*

When your Cherries are fully ripe, and red to the stone, take them and pull out the stones, and boyl your cherries till they be all broken, then strain them, and take the Liquor strained out and boyl it over again, and put as much Sugar to it as you think convenient, and when it is boyled, that you think it is thick enough, put into your boxes.

61. *To dry Cherries.*

Take six pound of Cherries and stone them, then take a pound of Sugar and wet it with the juyce of the cherries, and boyl it a little, then put in your Cherries and boyl them till they are clear, let them lye in the syrups a week, then drain them from the Syrup, and lay them on thin boards, or sheets of Glasse, to dry in a stove, turn them twice a day, and when they are dry, wash off the claminess with warm water, and dry them a little longer.

62. *To make brown Mitheglin.*

Take strong Ale-wort, and put as much Honey to it as will make it strong enough to bear an Egg; boyl them very well together, then set it a cooling and when it is almost cold, put in some Ale-yeast, then pur it in a strong Vessel, and when it hath done working, put a bag of Spices into the Vessel and some Lemmon peel and stop it up close, and in a few days it will be fit to drink, but the longer you keep it the better.

63. To

63. *To Candy Oranges or Lemmons after they are preserved.*

Take them out of the Syrup, and drain them well, then boyl some Sugar to a candy height, and lay your Peels in the bottom of a seive and pour your hot Sugar over them, and then dry them in a stove, or warm Oven:

64. *To preserve Oranges after the Portugall Fashion.*

Open your Oranges at the end, and take out all the meat, then boyl them in several waters, till a straw may go through them, then take their weight and half in fine Sugar, and to every pound of Sugar a pint of water, boyl it and scum it, then put in your Oranges and boyl them a little more, then take them up, and fill them with preserved Pippins, and boyl them again till you think they are enough, but if you will have them jelly, make a new Syrup with the water wherein some sliced Pippins have been boyled, and some fine Sugar, and that will be a stiff Jelly.

65. *To make good usquebah.*

Take two Gallons of good Aquavita, 4 ounces of the best Liquorice bruised, four ounces of Anniseeds bruised, put them into a wooden Glasse, or Stone Vessel, and cover them close, and so let them stand a week, then draw off the clearest and sweetest with Molosso's, and keep it in another Vessel, and put in some Dates, and Raisons stoned; keep it very close from the Air.

63. *To make Italian Bisket.*

Take scrced Sugar, and a little of the white of an Egg, with some Ambergreece and Musk, beat them all to a paste in an Alabaster Morter, and mould it into a little Anniseed finely dusted, then make it up in Loaves, and cut them about like Maunchet, then bake them in an oven as hot as for Maunchet, and when they are risen somewhat high upon the Plates take them forth and remove them not off the Plates till

till they be cold, for they will be very apt to break

67. To make French Bisket.

Take half a peck of flower, with four Eggs, half a pint of Ale-yeast, one ounce and half of Anniseed, a little sweet Cream, and a little cold water, make all into a loaf, and fashion it something long, then curit into thick slices like Toasts, after it hath stood two days, and rub them over with powdred Sugar, and lay them in a warm Sun, and so dry them and Sugar them as you dry them three or 4 times, then put them into Boxes for use.

68. To make Sugar plate.

Take serced Sugar, and make it up in a paste with Gum dragon steeped in Rose-water, and when you have brought it into a perfect paste rowl it as thin as ere you can, and then Print it in Moulds of what fashion you please, and so let them dry as they lye.

69. To make Pomander.

Take half an ounce of Benjamin, and as much Storax, and as much Lapdanum, with six grains of Musk, and as much Civet, and two grains of Amber-grease, and one dram of sweet Balsom, then roul it up in beads as big or as little as you please, and whilst they are hot make holes in them to serve for your use.

70. To make Conserve of Damsons.

Take ripe Damsons and put them into scalding water, and half an hour after set them over the fire till they break; then strain them through a Cullender, and let them cool therein, then strain them (through a piece of Canvas) from their stones and skins, and then set them over the fire again, then put them to a good quantity of red wine, and so boyl it, often stirring it till it be thick, and when it is almost boyled enough, put in a convenient proportion of Sugar, and stir it very well together, and then put it into your Gally-Pots.

71. To bake Oranges.

Peel all the bark off, and boyl them in Rose-water and Sugar till they are tender, then make your Pye, and set them whole in it, and put in the Liquor they are boyled in into the Pye, and season it with Sugar, Cinamon and Ginger.

72. To preserve Peaches.

Take a pound of your fairest and best coloured Peaches, and with a wet linnen cloth wipe off the white hoar of them, then parboyl them in half a pint of White-wine and a pint and a half of running water, and being parboild, peel off the white skin of them and then weigh them; take to your pound of Peaches three quarters of a pound of refined Sugar, and dissolve it in a quarter of a pint of white-wine, and boyl it almost to the height of a syrup, then put in your Peaches and let them boyl in the Syrup a quarter of an hour or more if need require, then put them up and keep them all the year.

73. To preserve Gooseberries.

Take Goose-berries, or Grapes, or Barberries, and take somewhat more then their weight in sugar beaten very fine, and to lay one laying of Fruits, and another of sugar, till all are laid in your preserving pan, then take six spoonfuls of fair water, and boyl your Fruits therein as fast as you can, until they be very clear, then take them up, and boyl the syrup by it self, till it be thick, when they are cold put them into Gally-pots.

74. To preserve Pippins white.

Pare your Pippins and cut them the cross way, and weigh them, add to a pound of sugar a pint of water; then put the sugar to the water and let it boyl a while, and then put in your Pippins, and let them boyl till they be clear at the core, then take them off and put them up.

75. To preserve Grapes.

Stamp them and strain them, and then let it settle a while, then wet a pound of sugar or Grapes with the

the juyce, stone the Grapes, save the Liquor in the stoning, take off the stalks, give them a boyling, take them off, and put them up.

76. To preserve Angelica Roots.

Wash the Roots and slice them very thin, and lay them in water three or four days, change the water every day, then put the Roots into a pot of water, and set them in the embers all night, in the morning put away the water, then take a pound of Roots, four pints of water, and two pound of Sugar, let it boyl, and scum it clean, then put in the roots, which will be boyled before the syrup, then take them up and boyl the syrup after, they will ask a whole days work very softly, at *St. Andrews* time is the best time to do them in all the year.

77. To make Syrup of Quinces.

Take of the juyce of Quinces clarified three quarts, boyl it over a gentle fire till half of it be consumed, scum it, and add to it three pints of red wine, with four pound of white sugar, boyl it into a syrup, and perfume it with a dram and a half of Cinnamon, and of Cloves and Ginger, of each two scruples.

78. To make Walnut-Water.

Take of green Walnuts a pound and half, Garden Radish roots one pound, green Asarabacca 6 ounces, Radish-seeds four ounces; let all of them being bruised be steeped in three pints of white-wine Vinegar for three days, and then distill them in a leaden still till they be dry.

79. To make Treacle Water.

Take of the juyce of green Walnuts four pound, juyce of Rue three pound, juyce of Carduus, Mari-golds and Balm, of each two pound, green Petasitis Roots one pound and half, the Roots of Burs one pound, Angelica and Masterwort of each half a pound, the leaves of Scordium four handfuls, old Venice-Treacle and Mithridate, of each eight ounces, Canary wine six quarts, Vinegar three quarts, juice of Lemons one quart, digest them 2 days either in horse-

dung

dung, or in a Bath, the Vessel being close shut, then distil them in sand, in the distillation you may make a Theriacal extraction.

80. To make Syrup of Cinamon.

Take of Cinamon grossly bruised four ounces, steep it in White-wine, and small Cinamon water of each half a pound, three days in a glass by a gentle fire; strain it, and with a pound and half of sugar boyl it gently to a Syrup. This syrup refreshes the Vital Spirits, and cherisheth the Heart and Stomach, helps Digestion, and cherisheth the whole Body exceedingly.

81. To make Syrup of Citron peels.

Take of fresh yellow Citron Pee's, five ounces, the berries of Cherms, or the juyce of them brought over to us two a drams, Spring-water two quarts, steep them all night, boyl them till half be consumed, take off the scum, strain it, and with two pound and a half of the whitest sugar, boyl it into a syrup; let half of it be without Musk, but perfume the other half with three Grains of Musk tyed up in a rag.

82. To make Syrup of Harts-horn.

Take of Harts-tongue three handfuls, Polipodium of the Oak, the roots of both sorts of Bugloss, barks of the roots of Capers and Tamaris of each two ounces, Hops, Dodder, Maiden hair, Balm, of each 2 handfuls, boyl them in five quarts of Spring-water till it comes to four, strain it, and with four pound of sugar, make it into syrup according to Art.

83. An Oyl Perfume for Gloves that shall never out.

Take Benjamin two ounces, Storax and Calamint each one ounce, but the two first must be finely beaten by themselves: then take a pound of sweet Almonds and mingle it with the Storax and Benjamin upon a Marble stone, and then put it into an earthen pot with more Oyle; then put in your Gloves powdered, and so let it stand very close covered; and when you will perfume a pair of Gloves, take a little fair wa-

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ter in a spoon and wipe your Gloves very fine with
take another spoon, and dip it in your Oyl, and rub
it on your Gloves, and let them dry, this is excel-
lent.

84. *An excellent water for one that is in a
Consumption.*

Take three pints of Milk, and one pint of red
Wine, twenty four yolks of Eggs, beat them very
well together, then add so much white-bread as will
drink up the wine, and put to it some Cowslip flow-
ers, and distill them; Take a spoonful of this Morn-
ing and Evening in Chicken or Mutton broth; and
in the Month it will cure any Consumption.

85. *To make Barley water.*

Take a penny-worth of Barley, a penny-worth of
Raisins of the Sun, a penny-worth of Anniseeds, and
half penny-worth of Liquorish, about two quarts of
water, boyl altogether till half be consumed, then
strain it, when it is cold, drink it, your Liquorish
must be sliced into small peeces.

86. *Dr. Deodates Drink for the
Scurvy.*

Take Roman Wormwood, *Carduus Benedictus*
Scurvy-grass, Brook-line, Water-creases, Water-
trifol, of each one handful, Dodder, Cetrach, Sco-
loperidia, Burrage, Buglos, Sorrel, Vervain, or
Speedwel, of each half a handful, Elicampaine-root
one ounce, Raisins of the Sun three ounces, slices of
Oranges and Lemons, of each fifteen, boyl or ra-
ther infuse these in a double glass with so much
White-wine as will make a pint and a half of the li-
quor when it is done.

87. *A Conserve for to strengthen the back.*

Take Eringo-roots, and Conserve them as you do
damask, white and red Roses, in every respect, the
pitch being taken out; one pound and a half of Su-
gar is enough for every pound of Roots, with three
pints of water, stew them closely at first as you do
your Roses; if you add to them five or six grains of
Amber-

Amber-grease beaten to fine powder, it will be much
more Cordial.

88. *To make an excellent Aqua Composita
for a Surfeit or cold Stomach.*

Take a handful of Rosemary, a root of Enula-
mpane, a handful of Hyssop, half a handful of
thyme, six handfuls of Sage, as much Mint, and
as much Pennyroyal, half a handful of Hore-hound,
two ounces of liquorish well bruised, and as much
Anniseeds, then take two gallons of the best strong
Ale, and take all the herbs aforesaid, and wring them
under, and put them into an earthen pot well co-
vered, and let them stand a day and a night; from
hence put all into a brass pot, and set it on the fire,
and let it stand till it boyl, then take it from the fire
and set your Limbeck, on the pot, and stop it close
with paste that there come no air out of it, and still
it out with a soft fire, you may add to it a handful of
red Fennel.

89. *To make Balm-water.*

Take four gallons of strong stale Ale; half a pound
of Liquorish, two pound of Balm, two ounces of
figgs, half a pound of Anniseeds, one ounce of nur-
tungs, shred the Balm and figgs very small, & let them
stand steeping 4 and twenty hours, and then put it
in a Still as you use Aquavivæ.

90. *To pickle Broom-buds.*

Take as many Broom-buds as you please, make
linnen bags and put them in, and tye them close, then
make some brine with water and Salt, and boyl it a
little, let it be cold, then put some brine in a deep
earthen pot, and put the bags in it, and lay some
weight on them, let it lye there till it look black,
boyl them in a little Cauldron, and put them in
Vinegar a week or two, and they will be fit to
eat.

91. *To make good Raspberry
Wine.*

Take a Gallon of Sack, in which let two gallons
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of Raspberries ſtand ſteeping the ſpace of twenty hours, then ſtrain them, and put to the Liquor pound of Raiſins of the Sun ſtoned, let them ſtand together 4 or 5 days, being ſometime ſtirred together then pear of the cleareſt and put it up in Bottles and ſet it in a cold place, if it be not ſweet enough you may put ſugar to it.

92. *To make excellent Hippocras in an inſtant.*

Take of Cinnamon two ounces, Nutmegs, Ginger of each half an ounce, Cloves 2 drams, bruise theſe ſmall, then mix them with as much Spirit of wine as will make them into a paſte, let them ſtand covered in a glaſs the ſpace of 6 days in a cold place, then preſs out the Liquor and keep it in a glaſs. A few drops of this Liquor put into any wine giveth it a gallant reliſh and Odour, and maketh it as good as any Hypocras whatſoever in an inſtant.

93. *To make Artificial Malmſey.*

Take two gallons of *Engliſh* Honey, put into eight Gallons of the beſt Spring water, ſet theſe in a Veſſel over a gentle fire, when they have boyl'd gently an hour take them off, and when they be cold put them into a ſmall Barrel or Runlet hanging in the Veſſel a bag of ſpices, and ſet it in the Cellar, and in half a year you may drink thereof.

94. *To make Artificial Claret-wine.*

Take ſix Gallons of water, two gallons of the beſt Syder, put thereto eight pound of the beſt Malaga-raiſins bruised in a Morter, let them ſtand cloſe covered in a warm place the ſpace of a Fortnight, every two drays ſtirring them well together. Then preſs out the raiſins, and put the Liquor into the ſaid Veſſel again, to which add a quart of the juyce of raspberries and a pint of the juyce of black Cherries; cover this Liquor with bread ſpread thick with ſtrong Muſtard, the Muſtard ſeed being downward, and ſo let it work by the fire ſide three or four days, then turn it up & let it ſtand a week, and then bottle it up, and it will

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taſt as quick as Bottle Beer and become a very pleaſant drink, and indeed far better and whoſomer then our common Claret.

95. *To make Spirit of Amber-greese.*

Take of Amber-grease two drams, of Muſk a dram, cut them ſmall, and put them into a pint of wine, cloſe up the Glaſs Hermetically and digeſt them in a very gentle heat till you perceive they are diſſolved, then you may uſe it, two or three drops or more if you pleaſe of this ſpirit put into a pint of wine, gives it a rich Odour, or if you put two or 3 drops round the brims of the glaſs it will do as well, half a ſpoonful of it taken either of it ſelf, or mixt with ſome ſpecificall liquor is a moſt rich Cordial.

96. *An Excellent ſweet water.*

Take a quart of Orange-flower water as much Roſe water, with four ounces of Muſk, Willow ſeeds groſſly bruised, of Benjamin two ounces, of Storax an ounce, or Labdanum 6 drams, of Lavender flowers two pugils, of ſweet Marjoram as much, of *Calamus Aromaticus* a dram, diſtill all theſe in a Glaſs ſtill in *Balneo*, the Veſſel being very well cloſed that no vapour breathe forth; Note that you may make a ſweet water in an inſtant, by putting in a few drops of ſome diſtilled Oyls together into ſome Roſe-water, and brew them altogether.

97. *Dr. Burges Plague water.*

Take three pints of Muſcadine and boyl in it ſage and Rue, of each a handful till a pint be waſted, then ſtrain it, and ſet it over the fire again, put thereto a dram of long Pepper, Ginger and Nutmeg, of each half an ounce being all bruised together, then boyl them a little, and put thereto half an ounce of *Andromachus* Treacle, three drams of Methridate, and a quarter of a pint of Angellica water. Take a ſpoonful or 2 of this Morning and Evening.

98. *To dry Cherries or Plumbs in the Sun.*

If it be ſmall fruit you muſt dry them whole by

laying them abroad in the hot Sun in stone or pewter dishes or tin pans, turning them as you see cause but if your Plumbs be large, slit them in the middle and lay them abroad in the Sun, and if they be very large, then give each Plum a slit on each side, and if the sun do not shine sufficiently, then dry them in an Oven that is temperately warm.

99. *To preserve Pippins green.*

Take pippins when they be small and green off the Trees, and pare three or four of the worst, and cut them all to pieces, then boyl them in a quart of fair water till they be Pap, then let the Liquor come from them as they do from your Quiddany into a bagson, then put into them one pound of Sugar clarified and put it into as many green Pippins unpar'd as that liquor wil cover, and so let them boyl softly, and when you see they be boyled as tender as a codling, then take them up and peel off the outermost white skin, and then they will be green, then boyl them again in the Syrup till it be thick, and you may keep them all the year.

100. *To make Syrup of Hysop.*

Take of Hysop one handful, of Figgs, Raisins, Dates, of each an ounce, boyl these in three pints of water to a quart, then strain and clarifie it with the whites of two Eggs and two pound of Sugar, and so boyl them to a Syrup, and being boyled enough keep them all the year.

101. *To make Rosa-Solis.*

Take Liquorish 8 ounces, anniseeds and Carraway of each an ounce; Raisins ston'd and Dates of each 3 ounces, Nutmegs, Ginger, Mace, of each half an ounce, Galingal a quarter of an ounce, Cubebbs one dram, Figgs 2 ounces, sugar 4 ounces; bruise these and distil them with a Gallon of Aquavitz as the rest, when it is distilled, you must colour it with the Herb Rosa Solis or Alkanet Root.

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102. *To make Muscadine Comfits.*

Take half a pound of Muske Sugar beaten and searced, then take Gumdragagant steeped in Rose-water and two grains of Muske, and so beat them in an Alabaster Morter till it come to a perfect Paste, then roul it very thin, and cut it in small diamond pieces and then bake them, and so keep them all the year.

103. *To make Conserve of Burrage-Flowers.*

Let your flowers be well coloured, and pick the blackes from them, then weigh them, and to every ounce of flowers you must take three ounces of sugar, and beat them together in a stone Morter with a wooden Pestle till they be very fine; then take them out and put the Conserve into a Pipkin, and heat it thorow hot, put them up and keep them all the year.

104. *To Candy Ginger.*

Take very fair and large Ginger and pare it, and lay it in water a day and a night; then take double refined Sugar and boyl it to the height of sugar again, and when your Sugar begins to be cold, take your Ginger and stir it well about while your sugar is hard to the Pan; then take it out Piece by piece and lay it by the Fire 4 hours, then take a pot and warm it, and put the Ginger in it, tye it up close and every other morning stir it about thoroughly, and it will be Rock-Candied in a little time.

105. *To make Manus Christi.*

Take half a pound of refined Sugar, and some Rose-water, boyl them together till it come to Sugar again, then stir it about till it be somewhat cold, then take leaf Gold and mingle with it, then cast it according to Art in round Gobbets, and so keep them.

105. *To make Conserve of Strawberries.*

First boyl them in Water, and then cast away the water and strain them, then boyl them in White-wine, and work as in Prunes, or else strain them being ripe, then boyl them in White-wine and sugar till they be stiff.

107. To make Conserve of Prunes.

Take the best Prunes, put them into scalding water, let them stand a while, then boyl them over the Fire till they break, then strain out the water through a Cullender, and let them stand therein to cool, then strain the Prunes through the Cullender, taking away the stones and skins, then set the pulp over the fire again, and put thereto a good quantity of red Wine and boyl them to a thicknets, still stirring them up and down, when they are almost enough put in a sufficient quantity of sugar, stir all well together, and then put it up in your Gally-pots.

108. To make Christial Jelly.

Take a Knuckle of Veal, and four Calves-feet, put them on the fire with a gallon of fair water, and when the Flesh is boyl'd tender take it out, then let the Liquor alone till it be cold, then take away the top and bottom of the Liquor and put the rest into a clean Pipkin, and put into it one pound of refined sugar, with four or five drops of Oyl of Cinamon and Nutmegs, and a grain of Muske, and so let it boyl a quarter of an hour leasurely on the fire, then let it run through a Jelly-bag into a Bason, with the whites of two Eggs beaten, and when it is cold you may cut it into lumps with a spoon, and so serve three or four lumps upon a Plate.

109. To make Jelly of Strawberries, Mullberries, Raspberries, or any other such tender Fruit.

Take your Berries and grind them in a stone mortar with four ounces of sugar, and a quarter of a pint of fair water, and as much Rose-water, and boyl it in a skillett with a little Ising-Glass, and so let it run through a fine cloth into your Boxes and you may keep it all the year.

110. To Candy Rosemary Flowers.

Pick your Flowers very clean, and put to every ounce of flowers two ounces of hard sugar, and one ounce of Sugar-candy, and dissolve them in Rosemary

mary flower-water, and boyl them till they come to a sugar again, when your Sugar is almost cold, put in your Rosemary-flowers and stir them together till they be enough, then take them out and put them in your boxes, and keep them in a store for use.

111. To Candy Burrage-flowers.

Pick the flowers clean and weigh them, and do in every respect as you did your Rosemary-flowers, only when they be Candied you must set them in a Still, and so keep them in a sheet of white Paper putting every day a Chafing-dish of Coals into your Still, and it will be excellently candied in a small time.

112. To make Basket-Cakes.

Take a peck of flower, four ounces of Coriander-seed, one ounce of Anniseed; then take three Eggs, three spoonfuls of Ale yeast, and as much warm water as will make it as thick as paste for Maunchets, make it into a long roul and bake it in an Oven an hour, and when it is a day old, pare it and slice it, sugar it with searced sugar and put it again into the Oven, and when it is dry take it out, and new sugar it again, and so box it and keep it.

113. To make PASTE-royal.

Take a pound of refined Sugar beaten and searced, and put into a stone Morter, with an ounce of gum-dragagant steeped in Rose-water, and if you see your PASTE be too weak put in more sugar, if too dry more gum, with a drop or two of Oyl of Cinnamon, beat it into a perfect PASTE, and then you may print it in your moulds, and when it is dry guild it, and so keep them.

114. To make Apricock-Cakes.

Procure the fairest Apricocks you can get, and let them be parboyl'd very tender, take of the same quantity of Sugar whereof the pulp is, and boyl them together very well always keeping them stirring for fear of burning too; when the bottom of the skillett is dry they are enough, then put them into little Cards sowed round about, and dust them with

fine sugar, and when they are cold, stone them and turn them, and fill them up with some more of the same stuff, but let them stand three or four days before you remove them from the first place, when you find them begin to Candy take out the Cards and dust them with sugar.

115. *To make Conserve for Tarts all the Year.*

Take Damsons or other good ripe Plums, and peel off their skins, and so put them in a pot, to Pippins pared, and cut in pieces, and so bake them, then strain them through a piece of Canvas, and season them with Cinamon, sugar, Ginger, and a little Rose-water: Boyl it upon a Chafing-dish of Coals, till it be as thick as a Conserve, and then put it into your Gally pots, and you may keep it good all the year.

116. *To dry Pippins.*

Take the fairest yellow Pippins, and pare them, and make a hole through every one, then parboyl them a little in fair water, then take them up, and put them into as much Clarified sugar as will cover them, and let them boyl very gently a little while in that syrup, then take them out and put them into an earthen Platter, then cast fine sugar upon them, and set them into the Oven half an hour, then take them out, and cast some more sugar on them, (being turned) and do so three times, and they will be well cryed.

117. *To make Paste of Genua.*

Take two pounds of the pulp of Quinces, and as much of Peaches, strain it and dry it in a Pewter-platter upon a Chafing-dish of Coals, then weigh it, and boyl it to the height of *Manus Christi*, and then put them together, and so Fashion it upon a Pye-plate, and dry it in an Oven with a Chafing dish of Coals till it be through dry, and then if you please you may spot them with Gold.

118. *To make Leach.*

Make your Jelly for your Leach with Calves-Feet, as you do your ordinary Jelly, but a little stiffer, and when it is cold take off the top, and the bottom, and set it over the Fire with some Cinamon and sugar, then take your Turnsole being well steeped in Sack, and crush it, and so strain it in your Leach, and let it boyl to such a thickness that when it is cold you may slice it.

119. *To dry any kind of Fruits after they are Preserved.*

Take Pippins, Pears, or Plums after they are preserved out of the syrup, and wash them in warm water, and then strew them over with sugar finely searced, as you do flower upon Fish to fry, and set them into a broad earthen Pan, and lay them one by another; then set them into a warm stove or Oven until they be dry, and turn them every day till they are quite dry; and if you please, you may candy them therewithal, cast sugar 3 or 4 times as you dry them.

120. *To make Quiddany of Quinces.*

Take the Kernels out of seven or eight great Quinces, and boyl the Quinces in a quart of spring water, till it come to a pint, then put into it a quarter of a pint of Rose water, and one pound of fine sugar, and so let it boyl till it come to be of a deep colour, then take a drop and drop it into the bottom of a saucer, and if it stand, take it off, then let it run through a Jelly bag into a Bason, then set it over a Chafing-dish of Coals to keep it warm, then take a spoon and fill your Boxes as full as you please, when they be cold, cover them, and if you please to print it in moulds, wetting your moulds with rose-water and so let it run in; and when it is cold, turn it into Boxes.

121. *To make Sweet Cakes without either Spice or Sugar.*

Take Parsneps, and scrape or wash them clean,
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slice them thin, and dry them well, beat them in powder, mixing one third part thereof with 2 third of fine Wheat flower, make up your paste into cakes and you will find them very sweet and delicate.

122. To make Wormwood Wine.

Take small Rochel or Camahe-Wine, put a few drops of the extracted Oyl of Wormwood therein, brew it together out of one pot into another, and you shall have a more neat and wholesome wine for your body, then that which is sold for right wormwood-wine.

123. To make sweet bags to lye among Linnen.

Fill your bags only with *Lignum* and *Rhodium* finely beaten, and it will give an excellent scent to your Linnen.

124. To make Spirit of Honey.

Put one part of Honey to five parts of water, when the water boyleth dissolve your Honey therein, scum it, and having boyled an hour or two, put it into a wooden Vessel, and when it is blood-warm set it on the fire with Yeast, after the usual manner of Beer and Ale turn it, and when it hath lain some time it will yield a Spirit by distillation, as Wine, and Ale will do.

125. To preserve Artichoaks.

Cut off the stalks of your Artichoaks within two Inches of the Choak, and make a strong Decoction of the rest of the stalks, slicing them into thin small pieces, and let the Artichoaks lye in this Decoction, and when you use them, you must put them first in warm water, and then in cold, and so take away the bitterness of them.

126. To make a Syrup for a Cough of the Lungs.

Take a Pottle of fair running water in a new Pipkin, and put into it half an ounce of Sydrack, half an ounce of Maiden-hair, and a good handful of Elecampane Roots sliced, boyl together, until half be boyled

yled away even to Syrup, then put into it the whites of Eggs, and let it boyl two or three walms, and give the Patient a spoonful Morning and Evening.

127. To make Banbury Cakes.

Take four pound of Currants, wash and pick them very clean, and dry them in a Cloath, then take three Eggs, and put away one Yolk, and beat them and strain them with Yeast, putting thereto Cloves, Mace, Cinamon, and Nutmegs, then take a pint of Cream, and as much Mornings Milk, and let it warm, then take Flower, and put in good store of old Butter and sugar, then put in your Eggs, Yeast, and Meal, and work them all together an hour or more, then save a piece of the paste, and break the rest in pieces, and work in your Currants, then make your Cake what quantity you please, and cover it very thin with the paste wherein were no Currants and bake it according to the bigness.

128. To make Ginger-bread.

Take a quart of Honey, and set it on the coals and refine it, then take Ginger, Pepper, and Licorise of each a penny-worth, a quarter of a pound of Anniseeds and a penny-worth of Saunders; beat all these and scarce them, and put them into the Honey, add a quarter of a pint of Claret-Wine, or old Ale, then take three penny Maunchers finely grated, and strew amongst the rest, and stir it till it come to a stiff paste, make them into Cakes and dry them gently.

129. To make Wormwood-Water.

Take two Gallons of good Ale, a pound of Anniseeds, half a pound of Liquorise, and beat them very fine, then take two good handfuls of the crops of Wormwood, and put them into Ale, and let them stand all night, and let them stand in a Limbeck with a moderate Fire.

130. To make Paste of Quinces.

First boyl your Quinces whole, and when they are soft, pare them, and cut the Quince from the core, then take the finest Sugar you can get finely beate and seared, and put it in a little Rose-water, and boyl together till it be stiff enough to mould, and when it is cold, roul and print it : A pound of Quince will require a pound of sugar, or thereabout.

131. To make thin Quince Cakes.

Take your Quince when it is boyled soft as before, and dry it upon a Pewter Plate with a soft heat, and stir it with a slice till it be hard, then take seared sugar to the same weight, and strew it upon the Quinces as you beat it in a wooden or Stone Mortar, and so roul them thin, and print them.

132. To make fine Cakes.

Take a pottle of fine flower, and a pound of Sugar, a little meal, and good store of water to mingle the Flower into a stiff Paste, with a little Salt, and so knead it, and roul out the Cakes thin, and bake them on Paper.

133. To make Suckets.

Take Curds, and the paring of Lemons, Oranges, or Pome Citrons, or indeed any half ripe green fruit, and boyl them till they be tender in sweet wort, then take three pound of Sugar, the whites of four Eggs, and a Gallon of water, beat the water and Eggs together, and then put in your Sugar, and set it on the Fire, and let it have a gentle fire, and let it boyl six or seven walms, then strain it through a cloath, and set it on again, till it fall from the Spoon, and then put it into the Rinds, or Fruits.

134. To make Leach Lombard.

Take half a pound of blanched Almonds, two ounces of Cinnamon beaten and seared, half a pound of Sugar, beat your Almonds, and strew on your Cinnamon and Sugar, till it come to a paste, then roul it, and print it as aforesaid.

135. To make a rare Damask Water.

Take a quart of Malmsey Lees, or Malmsey, one handful of Marjoram, as much Basil, four handfuls of Lavender, one handful of Bay leaves, four handfuls of Damask Rose-Leaves, as many Red Roses, the peels of six Oranges, or else one handful of the tender Leaves of Walnut-Trees, half an ounce of Benjamin, *Calamus Aromaticus* as much, of Camphire four drams, of Cloves an ounce, of Bildamum half an ounce, then take a pottle of Running-Water and put in all these Spices bruised into your Water and Malmsey together in a pot close stopped, with a good handful of Rosemary, and let them stand for the space of six days, then distil it with a soft fire, and set it in the Sun sixteen days, with four grains of Musk bruised, this Quantity will make three quarts of water.

136. To make washing Balls.

Take Storax, of both kinds, Benjamin, *Calamus Aromaticus*, *Lapdanum*, of each alike, and bray them to powder with Cloves and Oriis, then beat them all with a sufficient quantity of Soap till it be stiff, then with your hand work it like paste, and make round balls thereof.

137. To make a musk ball.

Take Nutmegs, Mace, Cloves, Saffron, and Cinnamon, of each the weight of two pence, and beat it to fine powder, add as much Mastick, of Storax the weight of six pence, of *Lapdanum* the weight of ten pence, of Amber grease the weight of six pence, and of Musk four grains, dissolve and work all these in hard sweet Soap, till it come to a stiff paste, and then make balls thereof.

138. To make Imperial water.

Take a Gallon of Gascoign Wine, Ginger, Galingal, Nutmegs, Grains, Cloves, Anniseeds, Fennel-seeds, Caraway-seeds, of each one dram, then take Sage, Mint, Red Roses, Time, Pellitory, Rosemary, wild Thyme, Camomile, and Lavender, of each a hand-

ful, then beat the spices small and the herbs also, and put all together in the Wine, and let it stand so twelve hours, stirring it divers times, then distill it with a Limbeck, and keep the first water for it is best; of a Gallon of Wine you must not take above a quart of water. This water comforteth the Vital spirits, and helpeth the inward diseases that come of cold, as the Palsie, and Contraction of sinews, it also killeth worms, and comforts the stomach, it Cureth the cold Dropsie, helpeth the stone and stinking breath, and maketh one seem young.

139. To make Verjuice.

Gather your Crabes as soon as the Kernels turn black, and lay them a while in a heap to sweat, then pick them from the stalks, blacks, and rottenness, then crush and beat them all to pieces in a tub, then make a bag of course hair-cloth as big as your press, and fill it with the crushed Crabes, then put it into the press, and press it as long as any moisture will drop out, having a clean Vessel underneath to receive the Liquor, then Fun it up in sweet Hogsheds, and to every Hogshed put half a dozen handfulls of Damask Rose Leaves, then bring it up, and spend it as you have occasion.

140. To make dry Sugar Leach.

Blanch your Almonds, and beat them with a little Rose-water, and the white of one Egg, and then beat it with a good quantity of Sugar, and work it as you would work a piece of paste, then roul it, and print it, only be sure to strew sugar in the print, for fear of cleaving to.

141. To make fine Fumblers.

Beat a pound of sugar fine, then take the same quantity of fine Wheat Flower, and mix them together, then take two whites and one yolk of an Egg, half a quarter of a pound of Blanched Almonds, then beat them very fine altogether, with half a pound of sweet Butter, and a spoonful of Rose-water, and so work it with a little Cream till it come to a stiff paste, then

then roul them forth as you please; you may add a few fine dried Anniseeds finely rub'd, and strewed into the paste, with Coriander seeds.

142. To make dry Vinegar.

To make dry Vinegar, which you may carry in your pocker, you must take the blaeks of green Corn, either Wheat or Rye, and beat it in a Morter with the strongest Vinegar you can get, till it come to Paste, then roul it into little Balls, and dry it in the Sun till it be very hard, and when you have occasion to use it, cut a little piece thereof, and dissolve it in wine, and it will make a strong Vinegar.

140. To make excellent date Leach.

Take Dates, and take out the stones, and the white rinde, and beat them with Sugar, Cinamon, and Ginger very finely, then work it as you would work a piece of paste, and then print them as you please.

144. To make white Jelly of Almonds.

Take Rose-water, Gum-dragant, or Isinglass dissolved, and some Cinamon grossly beaten, boyl them all together; then take a pound of Almonds, blanch them, and beat them fine with a little fair water, dry them in a fine Cloath, and put your Rose-water and the rest into the Almonds, boyl them together and stir them continually, then take them from the fire, and when it is boyled enough take it off,

145. To Candy Orange Peels.

Take your Orange-Peels after they are preserved, then take fine sugar, and Rose-water, and boyl it to the height of *Manns Christi*, that is, till it is sugar again, then draw through your sugar; lay them on the bottom of a sieve, and dry them in an Oven after you have drawn Bread, and they will be Candied.

146. To make Paste of Violets.

You must take Violets ready pickt, and bruise them in a Marble Morter, and wring the Juice from them into a Porringer, and put as much hard sugar in fine powder, as the Juyce will cover, dry it, and then powder it again; then take as much Gum-dragant steeped

steeped in Rose-water, as will bring this sugar into a perfect paste, then take it up and print it with your Moulds, and so dry it in your stove.

147. To preserve Pippins Red.

Take your best coloured Pippins and pare them, then take a piercer and bore a hole through them, then make Syrup of them as much as will cover them, and so let them boyl in a broad preserving pan, put to them a piece of Cinamon, and let them boyl leasurely close covered, turning them very often, or else they will spot, and one side will not be like the other, and let them boyl till they begin to Jelly, then take them up, and you may keep them all the year.

148. To make Spirit of Roses.

Bruise the Rose in his own juyce, adding thereto, being temperately warm, a convenient proportion either of Yeast, or Ferment, leave them a few days to ferment, till they get a strong and heady sinell, near like to Vinegar, then distil them, and draw so long as you can find any scent of the Rose to come, then distil again so often till you have purchased a perfect Spirit of the Rose. You may also Ferment the juyce of Roses only, and after Distill the same.

149. To make Syrup of Elder.

Take Elder Berries when they are red, bruisse them in a stone Mortar, strain the Juice, and boyl it away to almost half, scum it very clean, take it off the Fire whilst it is hot, put in Sugr to the thicknes of a Syrup, put it no more on the fire when it is cold, put it into Glasses, not filling them to the top, for it will work like beer.

150. To make Orange water.

Take two quarts of the best Malaga-Sack, and put in as many of the peels of Oranges as will go in, cut the white clean off, steep them twenty four hours, then still them in a Glass-still, add let the water run into the Receiver, upon fine sugar Candy;

dy; you may still it in an ordinary still.

151. To make a Candle of great virtue.

Take a pint and a half of the strongest Ale may be gotten, twenty Jordan Almonds clean wiped, but neither wash'd nor blaunched, with two Dares minced very small and stamped; then take the pittch of young Beef, the length of twelve Inches, lay it in water till the blood be out of it, then strip the skin off it, and stamp it with the Almonds and Dares, then strain them altogether into the Ale, boyl it till it be a little thick, give the party in the Morning six spoonfuls, and as much when he goeth to bed.

152. An excellent Surfeit-Water.

Take Cellandine, Rosemary, Rue, Pellitory of Spain, Scabious, Angellica, Pimpernel, Wormwood, Mugwort, Bettony, Agrimony, Baln, Dragon, and Tormentile, of each half a pound, shred them somewhat small and put them into a narrow mouthed pot, and put to them five quarts of White-wine, stop it close, and let it stand three Days and Nights, stirring it Morning and Evening, then take the herbs from the Wine, and distil them in an ordinary still, and when you have distilled the Herbs, distil the Wine also, wherein is virtue for a weak stomach. Take three or four spoonfuls at any time.

153. To make a Syrup for one short-winded.

Take a good handful of Hyssop, and a handful of Horehound, and boyl them in a quart of Spring-water to a pint, then strain it through a clean Cloth, and put in Sugar to make it pleasant. Stir it Morning and Evening with a Licorise stick, and take about three spoonfuls at a time.

154. To make Syrup of Sugar-Candied.

Take Sugar-Candied, and put it into a clear bladder and tie it, but so that it may have some vent, then put it into a bason of water, so that the water come not over the top of the bladder, and cover it with a Pewter-Dish, and let it stand all Night, and in the Morning take of it with a Licorise-stick.

155. *To make an excellent Syrup against the Scurvy.*

Take of the juyce of Garden Scurvy-grass, Brooklime and Water-crelles, of each six ounces, and after it hath stood till it is clear, take sixteen ounces of the clearest, and put to it four ounces of the juyce of Oranges and Lemmons, make it a clear Syrup with so much fine sugar as will serve the turn.

156. *To make Syrup of Roses.*

When your Liquor is ready to boyl, put as many Roses as will be wel steapt into it, cover it close, and when the Roses are thoroughly white, then strain it, and set it on the fire again, and so use it thirteen times, and to every pint of your water or Liquor, you must put a pound of Sugar, and let it stand together steeping for the space of one night, then scum it clean and seethe it over a quick Fire a quarter of an hour, then take some whites of Eggs, and beat them well together, take off your pot, and put in the whites, and then set it on the fire again, and let it boyl a good while, then let it run through a Jelly bag, till it will stand still upon your Nail.

157. *To make a Comfortable Syrup.*

Take a handful of Agrimony, and boyl it in a pint of water till half be consumed, then take out the Agrimony, and put in a good handful of Currans, and boyl them till they are ready to break, then strain them, and make a Syrup of them, then set it on a Chafing-dish of Coals, and add thereto a little white Saunders, and drink it either hot or cold.

158. *To make an Almond-Candle.*

Take three pints of Ale, boyl it with Cloves and Mace, and slice bread in it, then have ready beaten a pound of Almonds blanched, and strain them out with a pint of White-wine, and thicken the Ale with it, sweeten it if you please, but be sure scum the Ale when it boyls.

159. *To*

159. *To Candy Cherries.*

Take your Cherries before they be full Ripe, take out the stones, put Clarified Sugar boyled to a height, and then pour it on them.

160. *To make Syrup of Saffron.*

Take a pint of Endive-water, two ounces of Saffron finely beaten, then steep it therein all night, the next day boyl it and strain out the Saffron, then with Sugar boyl it up to a Syrup.

161. *To make Rose-water.*

Stamp the Leaves, and first distil the juyce being squeezed out, and after distil the leaves, and so you may dispatch more with one Still, then others will do with three or four, and this water is every way as Medicinable as the other, serving very well in decoctions and Syrups, &c. Though it be not altogether so pleasing to the sinell.

162. *To make Suckets of Green walnuts.*

Take Walnuts when they are no bigger then the largest Hasel Nut, pare away the uppermost green, but not too deep, then boyl them in a pottle of water, till the water be boyled away, then take so much more fresh water, and when it is boyled to the half, put thereto a quart of Vinegar, and a pottle of Clarified Honey.

163. *To make white Leach of Cream.*

Take a pint of sweet Cream, and six spoonfuls of Rose-water, two grains of Musk, two drops of Oyl of Mace, and so let it boyl with four ounces of Iling-Glass, then let it run through a Jelly-bag, when it is cold slice it like brawn, and so serve it out. This is the best way to make Leach.

164. *To preserve Pome-citrons.*

You must take a pound and a half of Pome-Citrons, and cut them in halves and quarters, take the Meat out of them, and boyl them tender in fair water, then take two pound of Sugar Clarified, and make Syrup for them, and let them boyl therein a quarter of an hour very gently, then take them up, and

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When your Liquor is ready to boyl, put as many Roses as will be wel steep' into it, cover it close, and when the Roses are thoroughly white, then strain it, and set it on the fire again, and so use it thirteen times, and to every pint of your water or Liquor, you must put a pound of Sugar, and let it stand together sleeping for the space of one night, then scum it clean and seethe it over a quick Fire a quarter of an hour, then take some whites of Eggs, and beat them well together, take off your pot, and put in the whites, and then set it on the fire again, and let it boyl a good while, then let it run through a Jelly bag, till it will stand still upon your Nail.

157. *To make a Comfortable Syrup.*

Take a handful of Agrimony, and boyl it in a pint of water till half be consumed, then take out the Agrimony, and put in a good handful of Cur-rans, and boyl them till they are ready to break, then strain them, and make a Syrup of them, then set it on a Chafing-dish of Coals, and add thereto a little white Saunders, and drink it either hot or cold.

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Take three pints of Ale, boyl it with Cloves and Mace, and slice bread in it, then have ready beaten a pound of Almonds blanched, and strain them out with a pint of White-wine, and thicken the Ale with it, sweeten it if you please, but be sure scum the Ale when it boyls.

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You must take a pound and a half of Pome-Citrons, and cut them in halves and quarters, take the Meat out of them, and boyl them tender in fair water, then take two pound of Sugar Clarified, and make Syrup for them, and let them boyl therein a quarter of an hour very gently, then take them up, and

40 *Preserving, Conseruing,*

and let your Syrup boyl till it be thick; then put your Pome-Citrons, and you may keep them all the Year.

165. *To pickle Clove-Gilly-Flowers for Sallits.*

Take the fairest Clove-Gilly-Flowers, clip off the whites from them, put them into a wide-mouthed Glass, and strew a good deal of Sugar finely beaten among them, then put as much wine Vinegar to them as will thoroughly wet them, tie them up close and set them in the Sun, and in a little while they will be fit for use.

166. *To make Leach of Almonds.*

Take half a pound of sweet Almonds, and beat them in a Morter, then strain them with a pint of sweet Milk from the Cow, then put to it one grain of Musk, two spoonfuls of Rose-water, two ounces of fine Sugar, the weight of three Shillings in Ifinglass that is very white, boyl them together, and let it all run through a strainer, then still it out and serve it.

167. *To Candy Marigolds in wedges, the Spanish Fashion.*

Take of the fairest Marigold Flowers, two ounces, and shred them small, and dry them before the Fire, then take four ounces of Sugar, and boyl it to a height, then pour it upon a wet Pye-plate, and between hot and cold cut it into wedges, & lay them on a sheet of white paper, and put them in a stove.

168. *To Candy Eringo Roots.*

Take your Eringos ready to be preserved; and weigh them, and to every pound of your Roots take of the purest sugar you can get two pound, and Clarifie it with the whites of Eggs exceeding well, that it may be as clear as Chrissial, for that will be best; it being Clarified, boyl it to the height of *Manus Christi*, then dip in your Roots two or three at once, till all be Candyed, and put them in a stove, and so keep them all the Year.

169. *To*169. *To Candy Elecampane roots.*

Take of your fairest Elecampane-roots, and take them clean from the syrup, and wash the sugar off them, and dry them again with a linnen Cloth; then weigh them, and to every pound of roots take pound and three quarts of sugar, Clarifie it well, and boyl it to a height, and when it is boyled dip in your roots, three or four at once, and they will Candy very well, and so stove them, and keep them all the Year.

170. *To make Cinamon-Sugar.*

Lay pieces of sugar in close Boxes amongst sticks of Cinamon, or Cloves, and in a short time it will have the taste and scent of the spice.

171. *To make a Trifle.*

Take Cream and boyl it with a cut Nutmeg, add Lemon peel a little, then take it off; cool it a little, and season it with Rose-water and Sugar to your taste, let this be put in the thing you serve it in, then put it in a little Rundlet to make it come, and then it is fit to eat.

172. *To make Quiddany of Plumbs.*

Take one quart of the liquor which you preserved your Plumbs in, and boyl six fair Pippins in it, pared and cut in small pieces, then strain the thin from it, and put to every pint of Liquor half a pound of sugar, and so boyl it till it will stand on the back of a spoon like a Jelly, then wet your Moulds, and pour it thereinto, and when it is almost cold, turn it off upon a wet Trencher, and so slip it into wet Boxes.

173. *To Candy Barberries.*

First preserve them, then dip them quickly into warm water to wash off the ropy syrup, then strew them over with searced sugar, and set them into an Oven or Stove three or four hours, always turning them, and casting more fine sugar upon them, and never suffer them to be cold till they be dried, and begin to look like Diamonds.

174. *To*

and let your Syrup boyl till it be thick ; then put in your Pome-Citrons, and you may keep them all the Year.

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174. *To*

174. *To make Cream of Apricocks.*

Fiſt boyl your Apricocks with water and Sugar till they be ſomewhat tender, and afterwards boyl them in Cream, then ſtrain them and ſeaſon it with Sugar.

175. *To make Quince Cream.*

Take a roasted Quince, pare it and cut it into thin ſlices to the Core, boyl it in a pint of Cream, with a little whole Ginger till it taſt of the Quinces to your liking then put in a little ſugar, and ſtrain it, and always ſerve it cold to the Table.

176. *To preſerve Barberries.*

Take one pound of Barberries pickt from the ſtalks, put them in a pottle-pot, and ſet it in a braſs pot full of hot water, and when they be ſtewed, ſtrain them, and put to them a pound and a half of Sugar, and a pint of red Roſe-water, and boyl them a little, then take half a pound of the faireſt Cluſten of Barberries you can get, and dip them in the Syrup while it boyleth then take the Barberries out again, and boyl the Syrup while it is thick, and when it is cold, put them in the glaſſes with the Syrup.

177. *To make a Cullice.*

Take a Cock and dreſs him, and boyl him in White-wine ſcum it clean, and clarifie the Broth (being fiſt ſtrained) then take a pint of ſweet cream, and ſtrain it, and ſo mix them together; then take beaten Ginger, fine Sugar, and Roſe-water, and put them all together, and boyl it a little more.

178. *To make a Cordial ſtrengthening Broth.*

Take a Red Cock, Strip off the Feathers from the ſkin, then break his Bones to ſhivers with a Rolling-pin; ſet it over the Fire, and juſt cover it with water, put in ſome Salt, watch the ſcumming and boiling of it, put in a handful of Harts horn, a quarter of a pound of blew Currans and as many Raiſins of the Sun ſtoned, and as many Pruans, four blades of large

large Mace, a bottom Cruſt of a white Loaf, half an ounce of China-Roor ſliced, being ſteeped three hours before in warm water, boyl three or four pieces of Gold, ſtrain it, and put in a little fine ſugar and juyce of Orange, and ſo uſe it.

179. *To candy Grapes.*

After they are preſerved, then dip them into warm water to cleanſe them from the Syrup, then ſrew them over with ſearced ſugar, and ſet them into an Oven or Stove three or four hours, alwayes turning them, and caſting more fine Sugar upon them, and never ſuffering them to be cold till they be dry'd and begin to ſparkle.

180. *To make Sugar-cakes.*

Take one pound of fine Flower, one pound of ſugar finely beaten, and mingle them well together, then take ſeven or eight Yolks of Eggs, then take two Cloves, and a pretty piece of Cinamon, and lay it in a ſpoonful of Roſe-water all night, and heat it almoſt Blood warm, temper it with the reſt of the ſtuff, when the Paſte is made, make it up as faſt as you can, and bake them in a ſoft Oven.

181. *To take ſpots and ſtains out of Cloaths.*

Take four Ounces of white hard Soap, beat it in a Morter with a Lemon ſliced, and as much Roch Al-lom as an Haſel-Nut, roul it up in a Ball, rub the ſtain therewith and after fetch it out with warm water, if need be.

182. *To keep Cheſnuts all the year.*

After the bread is drawn, diſperſe your Nuts thinly over the bottom of the Oven, and by this means the moiſture being dryed up, the Nuts will laſt all the Year; but if you perceive them to mould, put them into an Oven again.

183. *To make Cucumbers green.*

You muſt take two quarts of Verjayce, or Vinegar, and a Gallon of fair water, a pint of Bay-ſalt, and a handful of green Fennel or Dill, boyl it a little, and when

when it is cold put it into a Barrell, then put your Cucumbers into that pickle, and you may keep them all the year.

184. *To preserve white Damsons Green.*

Scald white Damsons in water, till they be hard, then take them off, and pick as many as you please, take as much Sugar as they weigh, put two or three Spoonfuls of water, then put in the Damsons and the Sugar, and boyl them, take them off, then let them stand a day or two, then boyl them again, take them off, and let them stand till they be cold.

185. *To make Cakes of Lemons.*

Take of the finest double refined Sugar, beaten very fine, and searced through fine Tiffany, and to half a porringer of Sugar put two Spoonfuls of water, and boyl it till it be almost Sugar again, then grate of the hardest Rinded Lemon, and stir it into your Sugar, put it into your Coffins, and a paper, and when they be cold, take them off.

186. *To make Artificial Walnuts.*

Take some Sugar plate, and print it in a mould made for a Walnut-kernel, and then yellow it all over with a little saffron-water with a Feather, then take Cinamon searced and Sugar a like quantity; working it in a Paste with Gum-dragon steeped in Rose-water, and print it in a mould made like a Walnut-shell, and when the Kernel and shell be dry, close them together with Gum-dragon.

187. *To make Black Cherry wine.*

Take a Gallon of the juice of Black-Cherries, keep it in a vessel close stopped till it begin to work, then filter it, and an ounce of Sugar being added to every pint and a Gallon of White-wine, and keep it close stopped for use.

188. *To make Rose Vinegar.*

Take of Red-Rosebuds (gathered in a dry time, the whites cut off, then dry them in the shadow three or four days) one pound, of Vinegar eight sextaries, set

set them in the Sun forty days, then strain out the Roses and put in fresh, and so repeat it three or 4 times.

189. *To make Syrup of Vinegar.*

Take of the Roots of Smalledg, Fennel, Endive, of each three ounces, Aniseeds, Smalledg, Fennel, of each one ounce, Endive half an ounce, clear water three quarts, boyl it gently in an Earthen Vessel till half the water be consumed, then strain and clarify it, and with three pound of Sugar and a pint and a half of White-wine Vinegar, boyl it into a Syrup.

This is a gallant Syrup for such whose Bodies are stuffed either with phlegm, or rough Humours, for it opens obstructions or stopping, both of the stomach, Liver, Spleen and Reins, it cuts and brings away tough Flegm and Choler.

190. *To make Syrup of Apples.*

Take two quarts of the juice of sweet-scented Apples, and the juyce of Bugloss, Garden, and Wild, of Violet leaves, and Rose-water, of each a pound, boyl them together, Clarifie them, and with six pound of very fine Sugar, boyl them into a Syrup, according to Art.

191. *To make the Capon water against a Consumption.*

Take a Capon the Guts being pul'd out, cut it in pieces, and take away the Fat, boyl it in a close Vessel in a sufficient quantity of Spring water. Take of this Broath three pints, of Burrage and Violets water a pint and a half, White wine one pint, Red-Rose leaves two drams and a half, Burrage flowers, Violets, and Buglos of each one dram, pieces of bread out of the Oven half a pound, Cinamon bruised half an ounce, Still it in a Glass Still according to Art.

This is a Sovereign Remedy against He-ctick fevers and Consumption, let such as are subject to those Diseases, hold it as a Jewel.

192. To make Elder Vinegar.

Gather the Flowers of Elder, pick them very clean, dry them in the Sun, on a gentle heat, and to every quart of Vinegar, take a good handful of flowers, and let it stand in the Sun a fortnight, then strain the Vinegar from the flowers, and put it into the Barrel again, and when you draw a quart of Vinegar, draw a quart of Water, and put it into the Barrel luke-warm.

193. To make China Broath.

Take an ounce of China Root clipped thin, and steep it in three pints of Water all night on Embers covered, the next day take a Cock Chicken clean pickt, and the Guts taken out, put in its belly Agri-mony and Maiden-hair, of each half a handful, Raisins of the Sun stoned, one good handful, and as much French Barley; boyl all these in a Pipkin close covered on a Gentle Fire, for six or seven hours, let it stand till it be cold, strain it, and keep it for your Use: Take a good draught in the Morning and at four in the Afternoon.

194. To make paste of tender Plumbs.

Put your Plumbs into an Earthen Pot, and set it into a Pot of boyling water, and when the Plumbs are dissolved, then strain the thin Liquor from them through a Cloath, and reserve that Liquor to make Quiddany, then strain the pulp through a piece of Canvas, and take as much Sugar as the pulp in weight and as much water as will wet the same, and so boyl it to a Candy height, then dry the pulp upon a Chafing-dish of Coals, then put your Syrup and the pulp so hot together, and boyl it, always stirring it till it will lye upon a Pye-plate, as you lay it, and that it run not abroad, and when it is somewhat dry, then use it, but put to it the pulp of Apples.

195. To make Cream of Codlings.

First scald your Codlings, and so peel off the skin, then scrape the pulp from the Cores, and strain them with a little Sugar and Rose-water, then lay your pulp

pulp of Codlings in the middle of the Dish, and so much raw Cream round it as you please, and so serve it.

196. To make Sugar of Roses.

Take of Red-Rose-leaves, the whites being cut off, an Ounce, dry them in the Sun speedily, put to it a pound of white Sugar, melt the sugar in Rose-water, and Juice of Roses, of each two Ounces, which being consumed by degrees, put in the Rose-leaves in powder, mix them, put it upon a Marble, and make it into Lozenges according to Art.

197. To make a Cream Tart.

Cut the Crust of a Manchet, and grate it small, and mix it with thick Cream, and some sweet butter, then take twenty four Yolks of Eggs, and strair them with a little Cream, putting thereto a good quantity of Sugar, mix these very well, and set it upon a small fire, and so let it boyl till it be thick, then make two sheets of Paste as thin as you can, and raise the sides of one of them the height of one of your fingers in breadth, and then fill it, and cover it with the other sheet, then bake it half a quarter of an hour, then put Sugar on it, and so serve it.

198. To make Artificial Oranges.

Take Alabaster Moulds made in three pieces, bind two of the pieces together, and water them an hour or two, then take as much Sugar as you think will fill your Moulds, and so boyl it to a height, then pour it into your Moulds one by one very quick: Then put on the Lid of the Mould, and so turn it round with your hand as quick as you can, and when it is cold, take it out of the Mould, and they will be both whole, and hollow within, and so it will appear, and resemble the Mould wherein it is put, whether Oranges, Lemons, Cucumbers, or the like.

199. To make Poppy-water.

Take of Red Poppies four pound, put to them a quart of White-wine, then distill them in a com-

mon Still, then let the distilled water be poured up on fresh flowers, and repeated three times, to which add two Nutmeggs sliced, Red Poppy flowers a pugil, white Sugar two ounces, set it to the Fire, to give it a pleasing sharpness, and Order it according to your Taste.

200. *To make Mathiolus Bezoar's Water.*

Take of Syrup of Citron-peels a quart, and as much of Dr. Mathiolus great Antidote, with five pints of the Spirit of Wine five times distill'd over, put all these in a Glass that is much too big to hold them, stop it close that the Spirit fly not out, then shake it together, that the Electuary may be well mingled with the Spirit, so let it stand a Month, shaking it together twice a week (for the Electuary will settle at the bottom) after a Month pour off the clear water into another Glass to be kept for your use stoping it very close with Wax and Parchment, else the strength will easily fly away in Vapours.

201. *To make Marmelade of Red Currans.*

Take the juyce of Red Currans, and put it into a pretty quantity of White Currans, clean pickt from the stalks, and buttons at the other end; let these boyl a little together, have also ready some fine Sugar boyl'd to a Candy height, put off this to the Currans, according to your discretion, and boyl them together till they be enough, and bruise them with the back of your spoon, that they may be thick as Marmalade, and when it is cool put it into Pots: You need not stone the whole Currans unless you please.

202. *To make a Syllabub.*

Take a pint of Verjuice in a bowl, Milk the Cow to the Verjuice, then take off the Curds, and take sweet Cream, and beat them together with a little Sack and Sugar, put it into your Syllabub pot, strew Sugar on it, and serve it.

203. *To make pleasant Mead.*

Put a quart of Honey to a gallon of water, with about ten spriggs of sweet Marjoram, and half so many tops of Bays, boyl all these well together, and when it is cold, Bottle it up, and in ten days it will be ready to drink.

204. *To make Steppony.*

Take a Gallon of Conduit-water, a pound of blew Raisins of the Sun stoned, and half a pound of Sugar, squeeze the juice of two Lemons upon the raisins and Sugar, and slice the Rinds upon them, boyl the water, and pour it boyling hot upon the Ingredients of an earthen pot, and stir them well together, so let it stand Twenty-four hours; then put it into Bottles, having first let it run through a strainer, and set them in a Cellar, or other cool place.

205. *To make Syder.*

Take a peck of Apples and slice them, and boyl them in a Barrel of water till the third part be wasted; then cool your water as you do Wort, and when it is cold, you must pour the water upon three measures of grown Apples. Then draw forth the Water at a Tap three or four times a day for three days together, then press out the Liquor and Tun it up, when it hath done working, stop it up close.

206. *To make Cock Ale.*

Take eight Gallons of Ale, then take a Cock and boyl him well with four pound of Raisins of the Sun well stoned, two or three Nutmegs, three or four flakes of Mace, half a pound of Dates, beat all these in a Mortar, and put to them two quarts of the best Sack, and when the Ale hath done working, put these in and stop it close six or seven days, and then Bottle it, and a Month after you may drink it.

207. *To make a Carraway-Cake.*

Take three pound and a half of the finest flower, and dry it in an Oven, one pound and a half of Sweet-butter, and mix it with the flower very small, that

that none of it be ſcen, then take three quarters of a pint of new Ale-yeaſt, and half a pint of Sack, and half a pint of New-Milk, with fix ſpoonfuls of Roſe-water, and four yolks, and two whites of Eggs, then let it lye before the fire half an hour or more, and when you go to make it up, put in three quarters of Carraway-Comfits, and a pound and half of blisks. Put it into the Oyen, and let it ſtand an hour and a half.

128. *To make Strawberry-wine.*

Bruise the Strawberries, and put them into a linen bag which hath been a little uſed, that ſo the Liquor may run through more eaſily, then hang in the bag at the bung into the Veſſel. Before you put in your Strawberries, put in what quantity of fruit you think good to make the Wine of a high Colour during the working, leave the bung open, and when it hath worked enough, ſtop your Veſſel. Cherry-wine is made after the ſame Faſhion, but then you muſt break the Stones.

209. *To make a Cordial Water of Clove-gilly-flowers.*

Put Spirit of Wine or Sack upon Clove-gilly-flowers, digeſt it two or three days, put all in a Glaſs-body, laying oſher Clove-gilly-flowers at the mouth of it upon a Cambrick or Boulter cloth, (that the Spirit riſing, and paſſing through the Flowers, may tinge it ſelf of a beautiful Colour) add a Head with a Limbeck and Receiver: Then Diſtil the Spirit as ſtrong as you like it, which ſweeten with Syrup of Gilly-flowers, or fine Sugar.

210. *To make an Excellent Surfeit-Water.*

Take Mint and Carduus 4 parts, Angelica one part, Wormwood two parts; chop and bruise them a little, put a ſufficient quantity of them into an ordinary Still, and put upon them enough new milk to ſoak them, but not to have the Milk swim much over them. Diſtil this as you do Roſe-water, ſtirring it ſometime with a ſtick, to keep the Milk from growing to a Cake.

211. *To make Mint-water.*

Take two parts of Mint, and one part of Wormwood, and two parts of Carduus, put theſe into as much New-milk as will ſoak them: Let them infuſe five or ſix hours, then Diſtil as you diſtil Roſe-water, but you muſt often take off the Head, and ſtir the Matter well with a ſtick: Drink of this water a Wine-glaſs full at a time, ſweetened with fine Sugar to your taſte.

212. *To Pickle Artichoaks.*

Take your Artichoaks before they are overgrown, or too full of ſtrings, and when they are pared round, that nothing is left but the bottom, boyl them till they be indifferent tender, but not ſul boyled, take them up, and let them be cold, then take good ſtale Beer, and White-wine, with a great quantity of whole Pepper, ſo put them up into a Barrel with a ſmall quantity of Salt; keep them cloſe, and they will not be ſour, it will ſerve for Baked Meats, and boyled Meats all the Winter.

213. *To make Raspberry Cream.*

When you have boyled your Cream, take two Ladlefuls of it, being almoſt cold, bruise the Raspberries together, and ſeaſon it with Sugar and Roſe-water, and put it into your Cream, ſtirring it altogether, and ſo diſh it up.

214. *To make Snow-Cream.*

Break the whites of ſix Eggs, put thereto a little Roſe-water, beat them well together with a bunch of Feathers, till they come perfectly to reſemble Snow; then lay on the ſaid Snow in heaps upon oſher Cream that is cold, which is made fit for the Table; you may put under your Cream in the bottom of the Diſh, part of a penny-loaf, and ſtick therein a branch of Roſemary or Bays, and fill your Tree with the ſaid Snow to ſerve it up,

215. *To make Hydromel.*

Take eighteen quarts of Spring-water, and one quart of Honey; when the water is warm, put the

Honey into it, when it boyls up scum. It very well, even as long as any scum will rise; then put in one Race of Ginger, sliced in thin slices, four Cloves, and a little sprig of green Rosemary; boyl all together an hour, then set it to cool till it be blood-warm, and then put to it a spoonful of Ale-Yeast, when it is work'd up, put it into a Vessel of a fit size, and after two or three days Bottle it up; you may drink it in six weeks or two Months.

216. *To make a whipt Syllabub.*

Take the whites of two Eggs, and a pint of cream with 6 spoonfuls of Sack, and as much Sugar as will sweeten it, then take a Birchen Rod and whip it, as it riseth in Froth scum it, and put it into the Syllabub-pot, so continue it with whipping and scumming, till your Syllabub-pot be full.

217. *To make Marmalade of Cherries.*

Take four pound of the best *Kentish* Cherries before they be stoned, to one pound of pure Loaf Sugar, which beat into small powder, stone the Cherries, and put them into a preserving-pan over a gentle Fire, that they may not boyl, but dissolve much into Liquor. Take away with the spoon much of the thin Liquor leaving the Cherries moist enough, but not swimming in clean Liquor; then put to them half your Sugar, and boyl it up quick, and scum away the froth that riseth, when it is well incorporated and clear, strew in a little more of the Sugar, and continue so by little and little, till you have put in all your Sugar, which will make the Colour the fairer: when they are boyled enough take them off, and bruise them with the back of a spoon, and when they are cold, put them up in dots.

218. *To make a Flomery Caudle.*

When Flomery is made, and cold, you may make a pleasant and wholesome Caudle of it, by taking some lumps and spoonfuls of it, and boyl it with Ale and White-wine, then sweeten it to your taste with Sugar. There will remain in the Caudle some lumps

lumps of the congealed Flomery, which are not ingrateful.

219. *To preserve Fruit all the Year.*

Put the fruit into a fit case of Tin, and solder it together, so that no Air can get in; then lay it at the bottom of a cold Well in Running water.

220. *To make a most rich Cordial.*

Take Conserve of red Roses, Conserve of Orange Flowers, of each one ounce; *Confect. Hyacinthi*, Bezoardick, Theriacal Powder of each two Drams, Confection of Alkermes one dram, of powder of Gold, one scruple; mix all these well together in the form of an Oplate, and if the composition be too dry, add to it some Syrup of red Currans, as much as is needful; take of this Composition every Morning the quantity of a Nut.

221. *To pickle red and white Currans.*

Take Vinegar and White-wine, with so much Sugar as will make it pretty sweet, then take your Red and White Currans being not fully ripe, and give them one walm, so cover them over with the said pickle, keeping them always under Liquor.

222. *To make red Currans Cream.*

Bruise your Currans with some boyled Cream, then strain them through your strainer, or sieve, and put the liquid substance thereof to the said Cream, being almost cold, and it will be a pure red, so serve it up.

223. *To preserve Medlars.*

Take the weight of them in Sugar, adding to every pound thereof a pint and a half of fair water, let them be scalded therein, till their skin will come off, then take them out of the Water, and stone them at the Head, then add your sugar to the water and boyl them together, then strain it, and put your Medlars therein, and let them boyl apace till it be thick, take them from the Fire, and keep them for use.

225. *To make White Mead.*

Take six Gallons of water, and put in six quart of Honey, stirring it till the Honey be thoroughly melted, then set it over the Fire, and when it is ready to boyl, scum it very clea[n], then put in a quarter of an ounce of Mace, and as much Ginger, half an ounce of Nutmegs, sweet Marjeram, broad Thyme, and sweet-Bryar, of all together a handful, and boyl them therein, then set it by till it be thoroughly cold, and then barrel it up, and keep it till it be Ripe.

226. *To make Naples-Bisket.*

Take of the same stuff the Mackroons are made of, and put to it an Ounce of Pine-Apple-seeds, in a quarter of a pound of stuff, for that is all the difference between the Mackroons and the Naples-Bisket.

227. *To make Chips of Quinces.*

Scald them very well, and then slice them into a Dish, and pour a Candy Syrup to them scalding hot; and let them stand all night, then lay them on Plates, and searce sugar on them, and turn them every day and scrape more sugar on them till they be dry. If you would have them look clear, heat them in Syrup but not to boyl.

228. *To make Lozenges of Roses.*

Boyl Sugar to a height, till it is Sugar again, then heat your Roses fine, and moisten them with the juyce of Lemons, and put them into it, let it not boyl after the Roses are in, but pour it upon a Pye-plate, and cut it into what form you please.

229. *To make Conserve of Bugloss-Flowers.*

Pick them as you do Burrage-Flowers, weigh them, and to every ounce add two ounces of loaf-Sugar, and one of Sugar-Candy, beat them together, till they become very fine, then set it on the Fire to dissolve the Sugar, and when it is so done, and the conserve hot, put it into your Glasses, or Gally-pots, for your Use all the Year.

230. *To pickle Lemon and Orange-peel.*

Boyl them with Vinegar and Sugar, and put them up into the same pickle, you must observe to cut them into small thongs, the length of half the Peel of your Lemon, being pared, it is a handsome Savoury Winter Sallet; boyl them first in water, before you boyl them in Sugar.

231. *To make Goose-berry-Paste.*

Take Gooseberries, and cut them one by one, and wring away the juyce, till you have got enough for your turn, boyl your juyce alone, to make it somewhat thicker, then take as much fine Sugar as your juyce will sharpen, dry it, and then beat it again, then take as much Gum dragon steeped in Rose-water, as will serve, then beat it into a Paste in a Marble-Mortar, then take it up, and print it in your Moulds, and dry it in your stove, when it is dry box it up for your use all the Year.

232. *To make Suckets of Lettuce-stalks.*

Take Lettuce stalks, and peel away the outside, then parboyl them in fair water, and let them stand all night dry, then take half a pint of the same Liquor, and a quart of Rose-water, and so boyl it to a Syrup, and when your Syrup is almost cold put in your Roots, and let them stand all night to take Sugar, then boyl your Syrup again, because it will be weak, and then take out your Roots.

233. *To make Musk-Sugar.*

Bruise four or five Grains of Musk, put it in a piece of Cambrick or Lawn, lay it at the bottom of a Gally-pot, and strew sugar thereon, stop your pot close, and all your sugar in a few dayes will be so sweet and taste of Musk, and when you have spent that sugar, lay more sugar thereon, which will also have the same scent.

234. *To make Prince Bisket.*

Take one pound of very fine flower, and one pound of fine sugar, and eight Eggs, and 40 spoon-

fuls of Rose-water, and one ounce of Carraway-seeds, and beat it all to Batter all one hour, for the more you beat it, the better your bread is, then bake it in Coffins of white Plate, being Basted with a little Butter, before you put in your Batter, and so keep it.

235. *To Candy Rose-leaves.*

Boyl Sugar and Rose-water a little upon a Chafing-dish of Coals, then put the Leaves (being thoroughly dried, either by the Sun or by the fire) into the sugar and boyl them a little, then strew the powder of double refined sugar upon them, and turn them, and boyl them a little longer, taking the dish from the Fire, then strew more powdered sugar on the contrary side of the Flowers.

236. *To Preserve Roses or Gilly-Flowers whole.*

Dip a Rose that is neither in the bud nor over-blown, in a Syrup consisting of sugar double-refined, and Rose-water boyled to its full height, then open the Leaves one by one with a fine smooth Bodkin, either of bone or Wood, then lay them on Papers in the heat, or else dry with a gentle heat in a close Room, heating the Room, before you set them in, or in an Oven, then put them up in Glasses, and keep them in dry Cup-boards near the fire.

237. *To make Jelly of Quinces.*

Take of the juyce of Quinces clarified six quarts, boyl it half away, and add to the remainder five pints of old White-wine, consume the third part over a gentle Fire, taking away the scum as you ought, let the rest settle and strain it, and with three pound of Sugar boyl it according to Art.

238. *To make Jelly of Currans.*

Take two pound of good Sugar, and Clarifie it with whites of Eggs, then boyl it to a Candy height, that is, till it go into Flashes, then put to it five pints, (or as much as you please) of the pure juyce of red Currans, first boyled to Clarifie it, by scumming it, and boyl them together a while, till they be scum'd

scum'd well, and enough to become a Jelly, then put a good handful or two of the Berries of Currans whole, and cleansed from the stalks and black end, and boyl them till they are enough. You need not boyl the juyce before you put to the Sugar, neither scum it before the Sugar, and it boyl together, but then scum it clean, and take care the juyce be very clear, and well strained.

239. *To make Syrup of Mint.*

Take the juice of sweet Quinces, and between sweet and sour, the juyce of Pomegranats, sweet, and between sweet and sour, of each a pint and half, dryed Mint half a pound, red Roses two ounces, let them lye in steep one day, then boyl it half away, and with four pound of Sugar boyl it into Syrup according to Art.

240. *To make Honey of Mulberries.*

Take the juice of Mulberries and Black-berries before they be Ripe, gathered before the Sun be up, of each a pound and half, Honey two pound, boyl them to their due thickness.

241. *To make Syrup of Purslain.*

Take of the Seed of Purslain grossly bruised, half a pound, of the juyce of Endive boyled and Clarified two pints, sugar two pound, Vinegar nine ounces, infuse the seeds in the juyce of Endive twenty four hours, afterwards boyl it half away with a gentle Fire, then strain it, and boyl it with the sugar, to the consistence of a syrup, adding the Vinegar toward the latter end of the Decoction.

242. *To make Honey of Raisins.*

Take of Raisins of the sun cleansed from the stones two pound, steep them in six pints of warm water, the next day boyl it half away, and press it strongly, then put two pints of Honey to the Liquor that is pressed out, and boyl it to a thickness: It is good for a Consumption, and to loosen the Body.

243. To make a Syrup of Comfrey.

Take the Roots and Tops of Comfrey, the greater and the less, of each three handfuls, red Roses, Betony, Plantain, Burnet, Knor-grass, Scabious, Colts-foot, of each two handfuls, press the juice out of them, all being green and bruised, boyl it, scum it, and strain it, add to its weight of Sugar, and make it into a Syrup according to Art.

244. To pickle Quinces.

Boyl your Quinces whole in water till they be soft, but not too violently, for fear of breaking them, when they are soft take them out, and boyl some Quinces pared, quartered and cored, and the parings of the Quinces with them in the same Liquor to make it strong, and when they are boyled that the Liquor is of a sufficient strength, take out the quartered Quinces and parings, and put the Liquor into a pot big enough to receive all the Quinces, both whole and quartered, and put them into it when the Liquor is through cold, and keep them for use close covered.

245. To make Plague-water.

Take a pound of Rue, of Rosemary, Sage, Sorrel, Celandine, Mugwort, of the tops of red Brambles, Pimpernel, wild Dragons, Agrimony, Balm, Angelica of each a pound, put these compounds in a Pot, fill it with White-wine above the Herbs, so let it stand four days, then distil it for your use in an Alembick.

247. To make Quince-Cakes white.

First Clarifie the Sugar with the white of an Egg, but put not so much water to it as you do for Marmalade, before you Clarifie it keep out almost a quarter of the Sugar, let your Quinces be scalded, and chopt in small pieces, before you put it into the Syrup, then make it boyl as fast as you can, and when you have scummed it, and think it to be half boyled, then jamire it, and let the other part of your Sugar be ready Candyed to a hard Candy, and

so put them together, letting it boyl but a very little after the Candy is put to it, then put in a little Musk, and so lay it out before it be cold.

247. To make red Quince-Cakes.

Bake them in an Oven with some of their own juyce, their own Cores being out and bruised and put to them, then weigh some of the Quince, being cut into small pieces, taking their weight in Sugar, and with the Quince some pretty quantity of the juyce of Barberries being baked or Stewed in a Pot, when you have taken the weight in Sugar, you must put the weighed Quince, and above 3 quarters of the sugar together, and put to it some little quantity of water as you shall see cause, but make not the Syrup too thin, and when you have put all this together cover it, and set it to the Fire, keep it covered, and scum it as much as you can, when it is half boyled, then symer it, let the other part of the Sugar have no more water put to it; then wet the Sugar well, and so let it boyl to a very hard candy, and when you think they be boyled enough, then lay them out before they be cold.

248. To make clear Cakes of Quinces.

Prepare your Quinces and Barberries as before, and then take the clearest Syrup, and let it stand on the Coals two or three hours, then take the weight of it in Sugar, and put near half the Sugar to the juice, and so let them boyl a little on the fire, and then Candy the rest of the Sugar very hard, and so put them together, stirring it till it be almost cold, and so put it into Glasses.

249. To make Jelly of Raspices.

First strain your Raspices, and to every quart of juice and a pound and half of Sugar, pick out some of the fairest, and having strewed sugar in the bottom of the skillet, lay them in one by one, then put the juyce upon them with some sugar, reserving some to put in when they boyl, let them boyl a pace, and add sugar continually till they are enough.

250. To make all sorts of Comfits, and to cover Seeds, or Fruits with Sugar.

You must provide a bason very deep, either of Brass or Tin, with two Ears of Iron to hang with a Rope over an Earthen Pan with hot Coals, then provide a broad pan for Ashes, and put hot Coals upon them, and another clean Bason to melt your sugar in or a skillet, as also a Ladle of Brass to run the sugar upon the seeds, together with a slice of Brass, to scrape away the sugar from the bason that hangs if there be occasion, then take some of the best and fairest sugar you can get, and beat it into powder, cleanse your seeds well, and dry them in the hanging bason, put a quarter of a pound of seeds, whether Anniseed, or Coriander-seeds, to every two pound of Sugar, and that will make them big enough, but if you would have them bigger, add the more sugar, which you must melt thus; put three pound of sugar into your bason, adding to it one pint of clean Running-water, stir it well with a brazen slice, till it be well moistned, then set it over a clear fire and melt it well, and let it boyl mildly till it Ropes from the Ladle, then keep it upon hot Embers but let it not boyl, and so let it run upon the seeds from the Ladle: If you would have them done quickly, let your water be boyling hot, and putting a fire under the Bason, cast on your sugar boyling hot, put but as much water to the sugar as will dissolve the same, neither boyl your sugar too long, which will make it black, stir your seeds in the bason as fast as you can as you cast on the sugar, at the first put in but half a spoonful of the sugar, moving the bason very fast, rubbing the seeds very well with your hand, which will make them take sugar the better, and let them be very well dried between every Coat, repeat this rubbing and drying of them between every Coat, which will make them the sooner, for this way in every three hours you may make three pound of Comfits. A quarter

quarter of a pound of Coriander seeds, and three pound of Sugar will make very large Comfits, keep your Sugar always in good temper, that it run not into lumps. When your Comfits are made, lay them to dry on Papers, either before the Fire, or in the hot Sun or in an Oven; which will make them very white.

251. To Candy Nutmegs or Ginger.

Take a pound of fine Sugar, and six or seven spoonfuls of Rose-water, Gum-Arabbick the weight of six pence, but let it be clear, boyl all these together till they Rope, put it then out into an earthen Dish, put to it your Nutmegs or Ginger, then cover it close, and lute it with clay that no Air enter in, keep it in a warm place about twenty days, and they will Candy into a hard Rocky-Candy; then break your Pot and take them out in the same manner you may Candy Oranges and Lemons.

252. To make Currans-Wine.

Pick a pound of the best Currans, and put them in a deep streight mouth'd earthen Pot, and pour upon them about three quarts of hot Water, having first dissolved therein three spoonfuls of the purest and newest Ale-yeast, stop it very close, till it begins to work, then give it vent as is necessary, and keep it warm for about three days it will work and ferment, taste it after two days to see if it be grown to your liking, then let it run through a strainer, to leave behind all the Currans and the Yeast, and so bottle it up; it will be very quick and pleasant, and is admirable good to cool the liver and cleanse the blood, it will be ready to drink in five or six days after it is bottled, and you may drink it safely.

253. To make a Sweet-Meat of Apples.

Make your Jelly with slices of John-Apples, but first fill your Glasses with slices, cut round ways, and pour in the Jelly to fill up the vacuties, let the Jelly be boyled to a good stiffness, and when it is ready to

to take from the Fire, put in some juyce of Lemon and Orange, if you like it, but let them not boyl, but let it stand upon the fire a while upon a pretty good heat, that the juyces may incorporate well, a little Amber-grease added doth very well.

254. *To make Conserve of Sage.*

Take about a pound of Flowers of Sage fresh blown, and beat them in a Mortar, afterward put them in a Glas and stop them close, and then let them by a warm fire, or in the Sun, and be sure to stir them once a day at the least, and it will keep good a twelve month at the least.

255. *To make Paste of Cherries.*

Boyl some fair Cherries in water till they come to pap, and then strain them through a sieve, then boyl some good Pippins unto pap, also put a quarter of a pound of the Apple-pap to a pound of the pap of Cherries, and mingle them together, then dry it, and so make it up into paste.

256. *To make Marmelade of Oranges.*

After you have pared your Oranges very thin, let them be boyled in three or four waters, even till they grow very tender, then take a quarter of a hundred of good Kentish Pippins, divide them, and take out the Cores, boyl them very well to pap or more, but let them not lose their colour, then pass your Apples through a strainer, and put a pound of Sugar to every pint of juyce, then boyl it till it will Candy, then take out the pulp of the Orange, and cut the peel into long slices very thin, put in your peel again, adding to it the juyce of two or 3 Lemons, and boyl it up to a Candy.

257. *To make Paste of Apricots.*

Let your Apricots be very ripe, and then pare them, then put them into a skillet, and set them over the Fire without water, stir them very well with a skimmer, and let them be over the Fire till they be very dry, then take some Sugar and boyl it into a Conserve, and mix an equal quantity of each together, and so make it into Paste.

258. *To Pickle Artichoke-Bottoms.*

Take the best bottoms of Artichokes, and parboyl them, and when they are cold and well drained from the water and dried in a cloath, to take away all the moisture, then put them into pots, and pour your brine upon them, which must be as strong as you can make it, which is done by putting in so much Salt to it as will receive no more, so that the Salt sinks whole to the bottom; cover over your Artichokes with this water, and pour upon it some sweet Butter melted to the thickness of two fingers, that no Air may come in, when the butter is cold, set up your Pot in a warm place, covered close from Vermin. Before you put the bottoms in a pot, you should pull off all the leaves and choak, as they are served at Table: The best time to do this is in Autumn, when your plants produce those which are Young and tender, for these you should Pickle before they come to open and Flower, but not before their Heads are round, when you would eat them you must lay in water, shifting the water several times, then boyl them once again, and so serve them again.

259. *To make Marmalade of Grapes.*

Take of the fairest and Ripest blew Grapes, gathered in the heat of the day, that their moisture be dried up thoroughly, spread them upon a Table or Hindle in a Room where the Air and Sun may come in, let them lye so for fifteen or sixteen days, that they may not both sweat and shrink, if it be cloudy or cold weather, you may put them into an Oven, when it is only warm, after which, press them well with your Hands, cleansing them from all the seeds and stalks, putting the husks and juice to boyl in the Kettle, carefully scumming and clearing it from the seeds, reduce this Liquor also to a third part diminishing the fire as the Confection thickens, stirring it often about with your spoon to prevent its cleaving to the vessel, and to make it boyl equally, then strain it

it through a sieve or course cloath, bruising the husks with your wooden Ladle to squeeze out the Substance, and then serving it out in a press, then set it again on the fire, and let it boyl once more, keeping it continually stirring till you think they be sufficiently boyled, then take it off, and pour it into earthen Pans, that it may not taste of the Kettle, and being half cold, put it into Gally-pots to keep, let your pots stand open five or six days, and then cover them with Paper that the Paper may lye upon the Conserve, and when the Paper grows mouldy put on another, till all the Superfluous moisture is gone out, which will be in little time if your Consecration was well boyled, but if it were not you must boyl it again.

260. *To pickle Cornelians.*

Gather the fairest and biggest Cornelians when they first begin to grow red, and after they have lain a while, put them up into a Pot or Barrel, filling them up with Brine, as for Artichoaks, and put to them a little green Fennel, and a few Bay-leaves to make them smell well, then stop them up very close, and let them stand for a Month, if you find them too Salty, make the Pickle weaker before you serve them to Table.

261. *To make Jelly of Apples.*

Take either Pippins or *John-Apples* and cut them into quarters, either pared or unpared, boyl them in a good quantity of water till it be very strong of the Apples, take out the clear Liquor, and put to it a sufficient quantity of Sugar to make a Jelly, with the slices of Apples, boyl all together, till the Apples be enough, and the Liquor like a Jelly; or else you may boyl the slices in Apple-Liquor without sugar, and make Jelly of other Liquor, and put the slices into it when they be Jelly and it is sufficiently boyled, put to it some juyce of Lemon and Amber, and Musk if you will.

262. *To make Jelly of Gooseberries.*

Let your Gooseberries be full ripe, then strain them through a strainer, and to every two pound of juyce put three quarters of Sugar, boyl it before you mix it, and then boyl it again together, when they are mixed try them upon a plate; when it is enough it riseth off.

263. *To make Bragget.*

Put two Bushels and a half of Malt to one Hoghead of water, the first running makes half a Hoghead very good, but not very strong, the second is very weak: Boyl but half a quarter of Hops, put your water to the Malt the ordinary way; boyl it very well, and work it with very good Beer yeast: Now, to make Bragget, take the first running of this Ale, but put less Honey in it than you do for your ordinary Mead, put twice or thrice as much Spice and Herbs, then put it in a Vessel; after its working with the Yeast, hang within it a Bag of bruised Spices, rather more than you boyled it with, and let it hang in the Barrel all the while you draw it.

264. *To make Italian Marmalade.*

Take fifteen pound of Quinces, three pound of sugar, and two pound of water, and boyl them altogether, when it is well boyled strain it by little and little through a cloath as much as you can, then take the juyce and put to it four pound of sugar, and then boyl it, try it on a plate, to know when it is enough, and if it come off, take it presently off the Fire, and put it in Boxes for your use.

F I N I S.

Excellent Receipts

IN

Physick and Chirurgery.

1. *An Approved Medicine for the Stone and Gravel.*

Take the hard Roe of a red Herring, and dry it upon a Tile in an Oven, then beat it to powder, and take as much as will lye upon a six-pence every Morning fasting in a Glas of Rhenish Wine.

2. *An excellent Drink for the Scurvy.*

Take a pound of Garden Scurvy-Grass, six handfuls of Wormwood and Elder-tops, one ounce of Caraway-seeds, and one ounce of Nutmegs, put them all together into 6 Gallons of new Ale, and let them work together, and after a convenient time of working, drink of it every Morning fasting.

3. *A Receipt for the Gout known to be very helpful.*

Take five or 6 black snails, and cut off their heads, then put to them one penny-worth of Saffron, and beat them together, and spread it on a woolly side of a piece of Sheeps Leather, and apply it to the soles of the Feet, anointing the sore place with the Marrow of a Stone-Horse.

4. *For Gripping of the Guts.*

Take Anniseeds, Fennel, Bay-berries, Juniper-berries, Tormenil, Bistort, Balaustius, Pomegranate-pills, each one Ounce, Rose-leaves a handful, boyl them

them in Milk, strain it, and add the Yolk of an Egg, six grains of Laudanum dissolved in the Spirit of Mint, prepare it for a Glistre, and give it warm.

5. *A Sovereign Medicine for any Ach or Pain.*

Take Barrows grease, a Lap full of Arch-Angel-leaves, flowers, Stalks and all, and put it into an Earthen pot, and stop it close, and paste it, then put it in an horse-dung hill nine days in the latter end of May, and nine days in the beginning of June, then take it forth and strain it, and use it.

6. *For the Sciatica and Pains in the Joynts.*

Take Balm and Cinquefoyl, but most of all Betony, Nep, and Featherfew, stamp them and drink the juyce with Ale and Wine, *Probatum.*

7. *For an Ague.*

Take the Root of a blew Lilly, scrape it clean, and slice it, and lay it in soak all night in Ale, and in the Morning stamp it and strain it, and give it the Patient Luke-warm to drink an hour before the fit cometh.

8. *For all Feavers and Agues in sucking Children.*

Take Powder of Chrystal and steep it in Wine, and give it to the Nurse to drink, also take the Root of Devils-bit, with the Herb, and hang it about the Childs Neck.

9. *A good Medicine to strengthen the Back.*

Take Comfrey, Knot-grass, and flowers of Archangel, boyl them in a little Milk, and drink it off every Morning.

10. *For the Head-ach.*

Take Rose Cakes and stamp them very small in a Morter with a little Ale, and let them be dried by the fire on a Tile-sheard, and lay it to the Nape of the Neck to Bed-ward. *Proved.*

11. *For the yellow Jaundise.*

Take a great white Onion, and make a hole where the blade goeth out, to the bigaets of a Chesnut, then fill the hole with treacle, being beaten with half

half an ounce of *English Honey*, and a little *Saffron*, and set the *Onion* against the *Fire*, and Roast it well, that it do not burn, and when it is Roasted, strain it through a *Cloth*, and give the *Juyce* thereof to the sick three days together, and it shall help them.

12. *For the black Jaundise.*

Take *Fennel*, *Sage*, *Parsley*, *Gromwell*, of each much a like, and make *Porrage* thereof with a piece of good *Pork*, and eat no other *Meat* that day.

13. *For Infection of the Plague.*

Take a spoonful of *Running-water*, a spoonful of *Vinegar*, a good quantity of *treacle* to the bigness of a *Hazel-Nut*, temper all these together, and heat it luke-warm; and drink it every four and twenty hours.

14. *For the Cramp.*

Take *Oyl* of *Camomile*, and *Fenugreek*, and anoint the place where the *Cramp* is, and it helpeth.

15. *For the Ach of the joynts.*

Take *Marshmallows* and *sweet Milk*, *Linseed*, *Powder* of *Cummin*, and the whites of *Eggs*, *Saffron*, and *white grease*, and fry all these together, and lay it to the aking joynt.

16. *For an Ague.*

Take a pottle of thin *Ale*, and put thereto a handful of *Parsley*, as much red *Fennel*, as much *Centory*, as much *Pimpernel*, and let the *Ale* be half consumed away, and then take and drink thereof.

17. *To make the Countess of Kents Powder.*

Take of the *Magistery* of *Pearls*, of *Crabs-Eyes* prepared, *Harts-horn*, *Magistery* of white *Coral*, of *Lapis contra Yarrowam*, of each a like quantity, to these *Powders* infused, cut off the black tops of the great *Claws* of *Crabs*, the full weight of the rest: Beat these all into a fine powder, and searce them through a fine *Lawn* searce: To every ounce of this powder add a *Dram* of *Oriental Bezoar*, make all these up in a lump or *Mass* with *Jelly* of *Harts-horn*,

Horn, and colour it with *Saffron*, putting thereto a scruple of *Amber-grease*, and a little *Musk* finely powdered, and dry it in the *Air*, after they are made up into small quantities, you may give to a man twenty Grains, and to a Child twelve Grains. It is excellent against all *Malignant* and *Pestilent Diseases*, *French Pox*, *Small-Pox*, *Measles*, *Plague*, *Pestilence*, *Malignant* or *Scar-let-Feavers*, and *Melan-cholly*, twenty or thirty Grains thereof being exhibited (in a little warm sack, or *Harts-horn-Jelly*) to a Man, and half as much, or twelve Grains to a child.

18. *For the falling sickness, or Convulsions.*

Take the dung of a *Peacock*, make it into *Powder*, and give so much of it to the Patient as will lye upon a shilling; in a little *succory-water* fasting.

19. *For the Pleurisie.*

Take the round *Balls* of *Horse-dung*, and boyl them in a pint of *White-wine* till half be consumed, then strain it out, and sweeten it with a little *sugar*, let the Patient drink of this; and then lye warm.

20. *To prevent Miscarrying.*

Take *Venice Turpentine*, spread it on black brown *Paper*, the breadth and length of an hand, and lay it to the small of her back, and let her drink a *Cataplasme* made of *Muscadine*, putting into it the husks of about twenty sweet *Almonds* dried, and finely powdered.

21. *For the Worms in Children.*

Take *Wormseed* boyled in *Beer* and *Ale*, and sweetned with *Clarified Honey*, and then let them drink it.

22. *For the Whites.*

Take white washed *Turpentine*, and make up in balls like *Pills*, then take *Cinnamon* and *Ginger*, and put the balls in it, and take them as you would do *Pills*, *Morning* and *Evening*. *Provided*.

23. *For a dry Cough.*

Take anniseed, *Ash-seeds*, and *Violets*, and beat them to powder, and stamp them, of each a like quantity

quantity, then boyl them together in fair water, till it grows thick, then put it up, and let the Patient take of it morning and evening.

24. To make Unguentum Album.

Take a pint of Oyl-Olive, and half a pound of Diaculum, Anniseeds a pretty quantity, and put them together, and put thereto a pound of Ceruse small grounded, boyl them together a little, and stir them always till it be cold, and it is done.

25. To destroy the Piles.

Take Oyl of Roses, Frankincense, and Honey, and make an Oyntment of them, and put it into the Fundament, and put Myrrh unto the same, and use often to anoint the Fundament therewith, and let the fume thereof go into the Fundament.

26. For the Canker.

Take a handful of unset Leeks, with the Roots, and a small quantity of Yarrow, and boyl them in VVhite-wine, till they be all very soft, then strain and Clarifie them, and let the Patient drink thereof Morning and Evening blood-warm.

27. For the Itch.

Take the Juyce of Penny-royal, the juyce of Savin, the juyce of Scabious, the juyce of Sage, the juyce of Pellitory, with some Barrows grease and black-soap, temper all these together, and make a Salve for the Itch.

28. For the Kings-Evil.

Take two ounces of the water of Broom-flowers Distilled, and give it in the Morning to the Patient Fasting, and it will purge the Evil Humour downward, and wasteth, and healeth the Kernels without breaking them outwardly.

29. To break an Imposthume.

Take a Lilly-root, and an Onion, and boyl them in water, till they be soft, then stamp them, and fry them with Swines grease, and lay it to the Imposthume as hot as the Patient may suffer it.

30. For biting of a mad dog.

Stamp large Plantain, and lay it to the grieved place, and it will cure the sore.

31. For the Green-sickness.

Take the Keys of an Ashen-Tree dryed and beate to powder, and take of red Fennel, of red Sage, Marjoram, and Betony, and seeth them in Running water, from a pottle to a quart, then strain them, and drink thereof a good draught with Sugar, Morning and Evening Luke-warm.

32. For Deafness.

Take of Wild Mint, mortifie it, and squeeze it in the hand till it rendreth juice, then take it with its juice and put it into the Ear, change it often, this will help the deafness if the Person hath heard before.

33. For the Dropfie.

Take a Gallon of White-wine, and put into it a handful of Roman Wormwood, and a good piece of Horse-radish, and a good quantity of Broom-Ashes tyed in a Cloath, then take a good bunch of Dwarf-Elder, beat it in a Morter, and strain out the juyce, and put into the wine when you will drink it, but if the Dwarf Elder be dry, you must steep a good quantity in the Wine, Take of this half a pint Morning and Evening.

34. For a sprain in the Back, or any other weakness.

Take a quarter of a pint of good Muscadine, a spoonful of Madder, Incorporate them well together, then give it the Patient to drink for three Mornings together, and if need requireth, you may use it often in a day, this will strengthen the Back exceedingly.

35. An Excellent Remedy for sore Eyes.

Take a Gallon of pure Running water, and eight drams of white Coperas, and as much of fine white Salt, mix them together, and let it simmer half an hour over a slow fire, and then strain it for use.

36. *A most excellent Cordial.*

Take half a peck of Ripe Elder-Berries, pick them clean and let them stand two or three days in an Earthen pan, till they begin to hear or mould, then bruise and strain them, and boyl the Liquor till half be consumed, then putting a pound of Sugar to every pint of Liquor, boyl them to Syrup.

37. *A Medicine for an Ague.*

Take a quart of the best Ale, and boyl it to a pint, and let the party drinke it as hot as he is able, and then let the Patient lye down upon a bed, and be covered warm, when the first fit grudges, and let a bason be ready to vomit in.

38. *Another for an Ague.*

Take a large Nutmeg and slice it, and so much Roch-Allom beaten to powder, and put them both into one pint of the best White-wine, and incorporate them well together, and let the Patient take one half thereof about half an hour before the fit, and then walk a pace, or use some other Laborious Exercise, and when the fit begins to come, take the other half, and continue Exercise. Both these I have known to cure to Admiration.

39. *For a great Lax or Looseness.*

Take one quart of New Milk, and have ready one half pint of distilled Plantain-water, and set your Milk over the Fire, and when your milk by boiling rises up, take two or three spoonfuls, as Occasion shall be, to allay the rising, and when it rises again, do the like, and so in like manner till the Plantain water be all in, and then boiling up as before, let the Patient drink thereof warmed hot, or how else he likes it; I never yet have found it fail of Curing.

40. *For curing of deafness.*

Take herb of Grace, and pound it, then strain it, and take two spoonfuls of the Juyoc, and put thereto

thereto one Spoonful of Brandy-wine, and when it is well evaporated, dip therein a little black wool or fine Lint, being first bound with a silk thread, and put it into your Ear.

41. *For the Scurvy.*

Take half a peck of Sea-scurvy-grass, and as much Water-cresses, of Dwarf-Elder, Roman Wormwood, Red-Sage, Fumitory, Harts-Horn, and Liver-wort, of each one handful, wash the Water-cresses, and dry them well, the other Herbs must be rubb'd clean, and not washed, then add one Ounce of Horse-Raddish, and a good handful of Madder-Roots, beat these with the Herbs, and strain the juice well out, for the last is best, then set it on a quick fire, and scum it clean; then let it stand till it be settled, and when it is quite cold, bottle it up, and keep it in a cold place, you must take four or five spoonfuls with one spoonful of Syrup of Lemons put into it, each morning fasting, and fast one hour after it.

42. *An Excellent Remedy to procure Conception.*

Take of Syrup of Mother-wort, Syrup of Mugwort half an Ounce, of Spirit of Clary two drams: of the Root of English Snake-weed in fine powder one dram, Purslain-seed, Nettle-seed, Rocher-seed, all in subtile Powder, of each two drams: Candied Nutmegs, Eringo-Roots, Satyrion-Roots Preserved, Dates, Pastachoes, Conserve of Succory of each three drams, Cinamon, Saffron in fine powder of each a scruple, Conserve of Vervain, Pine-Apple-Kernels picked and pilled, of each two drams, Stamp and work all these Ingredients in a Mortar, and make an Electuary, then put it up into Gally-pots, and keep it for use: Take of this Electuary the quantity of a good Nutmeg in a little Glass full of White-wine, in the Morning fasting, and at 4 a Clock Afternoon, and as much at night going to Bed, but be sure to abstain from violent exercises.

43. *For a sore breast not broken.*

Take Oyl of Roses, Bean-flower, the Yolk of an Egg, a little Vinegar, temper all these together, then set it before the fire that it may be a little warm, then with a Feather strike it upon the Breast morning and Evening, or any time of the day she finds it pricking.

44. *To heal a Sore breast when broken.*

Boyl Lillies in new Milk, and lay it on to break it, and when it is broken, Tent it with a Mallow-stalk, and lay on it a plaister of Mallows boyled in Sheeps Tallow: These are to be used if you cannot keep it from breaking.

45. *For a Consumption.*

Take a pound and half of Pork, Fat and Lean, and boyl it in water, and put in some Oatmeal, and boyl it till the heart of the Meal be out, then put to it two quarts of Milk, and boyl it a quarter of an hour, and give the patient a draught in the Morning, Afternoon, and Evening, and now and then some Barley-water.

46. *For the Falling-Sickness.*

Take powder of Harts-horn, and drink it with Wine, and it helpeth the Falling Evil.

47. *For the Tooth-Ache.*

Take Featherfew and stamp it, and strain it, and drop a drop or two into the contrary Ear to the pain, and lye still half an hour after.

48. *For a Wen.*

Take black soap and mix with unflaked lime, made into powder, and lay it on the Wen or Kernel.

49. *For the Wind.*

Take the juice of Red Fennel, and make a Posset of Ale therewith, and drink thereof.

50. *An Excellent Medicine for the Dropfie.*

Take two Gallons of New Ale, then take Serwel, Calamus Aromaticus, and Galingale, of each two penny-worth, of Spikenard four penny-worth, stamp all together, and put them into a

Bag, and hang it in the vessel, and when it is four dayes old drink it Morning and Evening.

50. *For a Scald Head.*

Wash thy Head with vinegar and camomile stamp and mingled together; there is no better help for the Scald, or grind white Hellebore with swines greale and apply it to the Head.

52. *To make the Plague-water.*

Take a handful of Sage, and a handful of Rue, and boyl them in three pints of Malmsey or Muscadine till one pint be wasted, then take it off the Fire, and strain the Wine from the Herbs, then put into the VVine two penny-worth of long-pepper, half an ounce of Ginger, and a quarter of an ounce of Nutmegs, all grossly bruised, and let it boyl a little again. Then take it off the Fire and dissolve it in half an Ounce of good Venice-Treacle, and a quarter of an ounce of Mithridate, and put to it a quarter of a pint of strong Angelica-water, so keep it in a Glass close stopped, for your use. This water cureth Small-pox, Measles, Scurfs, and Pestilential Feavers.

53. *A precious Eye-water for any diseases of the Eye, often proved.*

Take of the best White-wine half a pint, of white-rose-water, as much, of the water of celendine, Fennel, Eye-bright, and Rue, of each two ounces, of prepared Turia 6 ounces, of Cloves as much, sugar Rosate a dram, of Camphire and Aloes, each half a dram, wash the Eyes therewith.

54. *A Cordial Julep.*

Take water of Endive, Purslain, and Roses, of each two ounces, Sorrel-water half a pint, Juice of Pomegranats, and for lack thereof, Vinegar four ounces, Camphire three drams, sugar one pound, boyl all these together in the form of a Julep, and give 3 or 4 ounces thereof at a time.

55. *To make the green Oyntment.*

Take a pound of Swines grease, one Ounce of Verdigrease, half a scruple of *Sal Gemme*, this ointment may be kept 40 years, it is good against cancers and Running Sores, it fretteth away dead flesh, and bringeth new, and healeth old Wounds, put it within the wound that it fester nor.

56. *For fits of the Mother.*

Take a brown Toast of four Bread, of the nether Crust, and wash it with Vinegar, and put thereto black soap like as you would butter a Toast, and lay it under the Navil.

57. *For the Rickets in Children.*

Take of fennel-seeds and dill-seeds, but most of the last, boyl them in Beer, and strain it, and sweeten it with sugar, and let the Child drink often *Probatum*.

58. *For the Shingles.*

Take the green leaves of Colts-foot stamped and ming'ed with Honey, and apply it, and it will help.

59. *To heal a Fistula or Ulcer.*

Take figgs and stamp them, with shoos-makers wax, and spread it upon Leather, and lay it on the sore, and it will heal.

60. *For a Woman in Travel.*

Take seven or eight leaves of Bettony, a pretty quantity of Germaner, a branch or two of Penny-royal, three Marygolds, a branch or two of Hyssop, boyl them all in a pint of White-wine, or Ale, then put into it sugar and Saffron, and boyl it in a quarter of an hour more, and give it to drink warm.

61. *To make a Woman be soon delivered, the Child being dead or alive.*

Take a good quantity of the best Amber, and beat it exceeding small to powder, then scarce it through a fine piece of Lawp, and so drink it in some Broath or Caudle, and it will by Gods help cause the Patient to be presently delivered.

62. *For Infants troubled with Wind and Phlegm.*

Give them a little pure Sugar-candy, finely bruised in Saxifrage-water, or Scabious-water, in a spoon well mingled together.

63. *A most excellent Medicine to cause Children to breed their Teeth easily.*

Take of pure Capons grease very well clarifi'd, the quantity of a Nutmeg, and twice as much of pure honey, mingle and incorporate them well together, and anoint the childs gums therewith three or four times a day when it is Teething, and they will easily break the Flesh and prevent Torments and Agues, and other Grievs which usually accompany their coming forth.

64. *For Agues in Children.*

Take a spoonfull of good Oyl of Populeon, and put thereto two spoonfulls of good Oyl of Roses, mingle them well together, and then warm it before the Fire, anoint the Childs Joynts and Back, also his Forehead and Temples, twice a day, Chasing the Oyntment well in.

65. *To cause a young Child to go to stool.*

Chafe the Childs Navel with May Butter before the fire, then take some black Wool and dip it in the Butter and lay it to the Navel, and it will procure a Stool, this is also good for one in years, that can take no other medicine.

66. *For Worms in Children.*

Take of myrrh and Aloes very finely powdered, of each a penny-worth, and put thereto a few drops of Chymical Oyl of Wormwood or Savine, and a little Turpentine; make these up into a Plaister, and lay it to the Childs Navel.

67. *To help one that is blasted.*

Take the white of an Egg, and beat it in a mortar, put to it a quarter of an Ounce of Copras, and grind them well together till it come to an Oynment, and therewith anoint the sore Face, and it will ease the pain, and take away the swelling; and

when it is well nigh whole, anoint the place with a little Populcon, and that will make the skin fair and well again.

68. *An excellent Salve.*

Take half a pound of Bees-wax, a pint of Sallet-Oyl, three ounces of Red Lead, boyl all together in a new earthen Pipkin, keeping it stirring all the while till it grows of a darkish Colour, then keep it for use; or make Sear-cloaths of it while it is hot.

It is most approved against any pain, Sore, Scald, Cut, Burn, to strengthen the Back, or remove any old Ach whatsoever.

69. *A Julep of Dr. Trench for the fits of the Mother.*

In the time of the year distill black-Cherry-water, Piony-flower-water, Cowslip-water, Rue, or Herb-grace-water: then take of the waters of Cowslip, Black-Cherries, Piony, Rue, of each an ounce, and add to them water of Castor, half an ounce, Cinnamon-water one dram, Syrup of Clove-gilly-flowers three drams, mix all these together, and take two Spoonfulls at a time of it, as often as you please.

70. *For a Tympany.*

Take a handful of the blossoms of Mary-golds, stamp them, and strain them, and give the juice thereof to the patient in a draught of Ale fasting.

71. *To provoke Terms, a good Medicine.*

Take Wormwood and Rue, of each one handful, with five or six Pepper-corns, boyl them all together in a quart of White-wine or Malmsey, strain it, and drink thereof.

72. *For the bloody-Flux or scouring.*

Take a great Apple and cut out the Core, and put therein pure Virgins wax, then wet a paper and lap it therein, then rake it up in the Embers, and let it roast till it be soft, then eat of it as your stomach will give leave.

73. *For a Rheumatick Cough or Cold.*

Take a pint of Hysop-water, Syrup of Gilliflowers, Syrup of Vinegar, Syrup of Maiden-head, Syrup of Colts-foot of each one Ounce, mingle them all together, and drink it when you please.

74. *To kill a Fellon.*

Take an Egg and roast it hard, and take out the Yolk thereof, then roast an Onion soft, and beat the Yolk and the Onion together, and lay it to the sore, and it will kill the Fellon.

75. *For the white Flux.*

Take the powder of the Flower of Pomegranats, and drink it in red Wine.

76. *For the red Flux.*

Take *Sperma Ceti*, and drink it, and truss up yourself with a piece of black Cotton.

77. *For the Cancer in a womans breast.*

Take the Dung of a Goose, and the juice of Celandine, and bray them well in a Mortar together, and lay it to the sore, and this will stay the Cancer, and heal it.

78. *For an Ague in the Breast.*

Take Grounſel, Dasic-leaves and roots, and course Wheat sifted, make a Poultice thereof with the parties own water, and lay it warm to the breast.

79. *For bleeding at the Nose.*

Take Betony and stamp it with as much Salt as you can hold betwixt your two fingers, and put it into your Nose.

80. *For spitting of blood.*

Take Smallage, Rue, Mints, and Betony, and boyl them well in good Milk, and drink it warm.

81. *To staunch the bleeding of a Wound, or at the Nose.*

There is no better thing than the powder of Bole-Armoniack, to staunch the bleeding of a Wound, the powder being laid upon it, or for the Nose; to be blown in with a Quill. Or take the shavings of parchment, and lay it to the wound, and it stauncheth and healeth.

82. To make the Gascoign Powder.

Take of Pearls, white Amber, Harts-horn, Eyes of Crabs, and white Coral, of each half an Ounce, of black thighs of Crabs calcined, two ounces; to every ounce of this powder put in a dram of Oriental Bezoar, reduce them all into a very fine powder, and searse them then with Harts-horn-Jelly and a little Saffron put therein, make it up into paste and make therewith Lozenges, or Torchisles for your use.

Get your Crabs for this powder about May or in September before they be boyled, dry your Lozenges in the Air, not by fire nor Sun.

83. For the Megrim, or Imposthume in the Head.

Take four penny-weight of the Root of Pellitory of Spain, a farthing weight of Spikenard, and boyl them in good Vinegar, and when it is cold, put thereto a spoonful of Honey, and a Saucer-ful of Mustard, and mingle them well together, and hold thereof your mouth, a spoonful at once, and use this eight or nine times, splinting it out continually.

84. For Pain in the Ears.

Take the juice of wild Cucumbers, and put it into the Ears, and it asswageth the pain. Also put the Wood of green Ash in the fire, and save the liquor that cometh out at the end, and put it into the Ears, it causeth the pain to cease, and amendeth the Hearing; Also beat the juice of Wormwood, and drop it into the Ears.

85. A precious Water for the Eye-sight, made by K. Edward the sixth.

Take Smalledge, red Fennel, Rue, Vervain, Betony, Agrimony, Pimpernel, Eufrase, Sage, Celendine of each a like quantity, first wash them clean, then stamp them, and put them in a fair Brazen pan, with the Powder of fourteen or fifteen Pepper-corns, set searfed into a pint of good White-wine, put them into the Herbs with three spoonfuls of Honey, and five spoonfuls of the water of a Man-Child that

is found; mingle all together, and boyl them over the fire, and when it is boyled, strain it through a fine Linnen Cloath; and put it into a Glas, and stop it well and close till you use it, and when you need, put a little thereof into the fore eyes with a feather, but if it be dry, temper it with White-wine, and it profiteth much all manner of sore eyes: This water was used by K. Edward the sixth.

86. My Lord Dennies Medicine for the Gout.

Take Burdock-leaves and stalks, cut them small and stamp them very small, then strain them, and cleanse them, and when you have so done, put them into Glasses, and put pure Oyl of Olives on the top of them, and stop it close from the Air, and when you would use it for the Gout, pour it into a porringer, and warm it, and wet Linnen Cloaths in it, and apply it warm to the grieved place, warming your Cloaths one after another, as they grow cold that are on.

87. Dr. Stephen's Sovereign Water.

Take a Gallon of good Gascoign Wine, then take Ginger, Galingale, Cancell, Nutmeg, Grains, Cloves, Anni-seeds, Carraway-seeds, of each a dram; then take Sage, Mints, red Roses, Thyme, Pellitory, Rosemary, wild Thyme, Camomile, Lavender, of each a handful, then bray both Spices and Herbs, and put them all into the Wine, and let them stand for twelve hours, divers times stirring them, then distil in an Alimbeck, but keep that which you distil first by it self, for that is the best, but the other is good also, but not so good as the first. This water comforteth the Vital Spirits, and helpeth inward Diseases which come from cold; it helpeth Conception in Women that are barren, and killeth Worms in the body, it cureth the old Cough, and helpeth the Tooth-ach, it comforteth the Stomach, and cureth a stinking breath, it preserveth the body in good liking, and makes them look young.

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88. *The water called Aqua Mirabilis & Pretiosa, made by Dr. Willoughby.*

Take of Galingales, Cloves, Mace, Cucubes, Ginger, Cardamum, Nutmegs, Mellilor, Saffron, four ounces, and beat all these into powder, Agrimony-water the quantity of a dram; and somewhat more; then take of the juyce of Celandine half a pint, and mingle all these together with a pint of good Aquavitz, and three pints of good White-wine; put all these together in a still of Glas, and let it stand so all Night, and on the Morrow distil it with an easie fire as may be. This water dissolveth the swelling of the Lungs without any Grievance, and helpeth and comforteth them being wounded, and suffereth not the blood to putrefie; he shall never need to be let blood that useth this water, it suffers not the Heart to burn, nor Melancholly, nor Rheum to have Dominion above Nature; it also expelleth Rheum, and purifieth the Stomach.

89. *To make Allom-water.*

Take a pound of Allom, and beat it to powder, then take a Gallon of clean water, and set it on the fire, letting it boyl till all the Allom be melted, then take it off the fire, and when it is cold, put it into a Glas, and keep it for use.

90. *To make an excellent Eleſtuary called the Eleſtuary of Life.*

Take Scorigio, Morre, Gentiana, Grandoret, and Jalaom, of each a like quantity, stamp them and strain them, and mingle them with Honey that hath been well boyled on the fire, and scummed clean: This is excellent for sickness in the Stomach, or pain in the Belly, Heart or Head, or for those that are bitten with any venemous beast, or poisoned; it must be taken in water three or four spoonfuls at a time in the Morning fasting; if the Disease be of any long time standing, he must drink it fifteen dayes, together, and he will be whole. *Probatum.*

91. *Against heat of the Liver.*

Take Fennel, Endive, Succory, Plantain, of each alike, distil them with red Wine and Milk, and use it every Morning, nine spoonfuls at a time, with a draught of Wine and Sugar, or else five spoonfuls thereof alone.

92. *For Swooning fits.*

For swooning, and weakness of the heart in Feaver and Sickness, or if it come from other cause, stamp Mints with Vinegar, and a little Wine, if the Patient have no Feaver, then toast a bit of bread till it be almost burnt, and put it therein till it be well soaked, then put it in the Nose of the Patient, and rub his Lips, Tongue, Gums, Teeth and Temples, and let him chew and suck the moistness thereof and swallow it.

93. *A Water for the Eyes, to make a man see in forty days, who hath been blind seven Years before, if he be under fifty Years of Age.*

Take Smalledge, Fennel, Rue, Betony, Vervain, Agrimony, Cinquefoil, Pimpernel, Eye-bright, Celandine, Sage, of each a quartern, wash them clean, and stamp them, do them in a fair mashing-pan, put thereto a quart of good White-wine and the powder of thirty Pepper-corns, six spoonfuls of live honey, and ten spoonfuls of the Urine of a Man child that is wholesome, mingle them well together, and boyl them till half be wasted, then take it down and strain it, and afterwards Clarifie it, and put it into a glass Vessel well stopp'd, and put thereof with a Feather into the eyes of the blind, and let the patient use this Medicine at Night when he goeth to bed, and within forty dayes he shall see: It is good for all manner of sore eyes. Wild Tansie-water is good for the Eyesight, and eating of Fennel seed is good for the same.

94. *For a Web in the Eye.*

The Leaves of white-Honey-Suckles, and Ground-ivy, of each a like quantity ground together, and put

put every day into the Eye, cureth the Web. Or else salt burnt in a Flaxen cloth, and tempered with Honey, and with a Feather anointed on the Eye-lids, killeth worms that annoy the Eye-lids.

95. *For the moist Scabs after the Small Pox.*

Take *Lapis Calaminaris*, Letharge of Gold and Silver, of each two drams Brimstone and Ceruse two ounces, bring all these into a fine powder, and then beat them in a Mortar with so much Barrows-grease as is sufficient to make it up in an Oynment, and anoint the places therewith Evening and Morning.

96. *To bring down the Flowers.*

Take of Alligant, Muskadine, or Claret a pint, burn it, and sweeten it well with Sugar, put thereto two spoonfuls of Sallet-Oyl; then take a good Bead of Amber in powder in a spoon, with some of the Wine after it; Take this Evening and morning.

97. *To stay the Flowers.*

Take Amber, Coral, Pearl, Iear, of each alike, grind them to a fine powder, and searse them, take thereof as much as will lye upon a 6 pence with conserve of Quinces, and drink a draught of new milk after it: Use this every morning.

98. *To cure Corns.*

Take beans, and chew them in your mouth, and tye fast to your Corn, and it will help: Do this at Night.

99. *To make Oyl of Roses.*

Take red Rose-leaves a good quantity, and stamp in a mortar, and put thereto Oyl-Olive, and let it stand in the Sun twelve dayes; and then put it in a Glass, and bind the Glass fast about with Ropes of Hay, and set it in a pan full of water, and let it boyl softly two hours, and then let it cool, then put it in small Glasses, and put thereto the leaves of red Roses all whole, and stop it fast, and set it in the Sun for fixteen dayes, and so use it at your need.

100. *For any Itch, or breaking out.*

Take Frankincense, and beat it small in a Mortar, and mingle it with Oyl of Bayse, and therewith anoint all over, and it will destroy the Itch.

101. *For the Piles after Child-Birth.*

Make a Bath of Worm-wood, Southern-wood, Cinnamon-Rinde; and the bark of *Cassia Fistula* boyled well in Wine; when the woman delivered goeth forth of the Bath, put Bombace, or Cotton with powder of Aloes mixed with Oyl of Penny-royal, unto her lower parts.

102. *For a Stitch in the side.*

Take three handfuls of Mallows, boyl them in a little raw Milk, and put thereto a handful of whey-bran, and let them boyl together, and then wring out the Milk, and lay it hot to the Stitch, apply it often Or take a few leaves of Rue and Yarrow, stamp them together, and wring out the Juice and drink it with a little Ale.

103. *For a Tertian, or double Tertian Ague.*

Take a good quantity of Celandine, a spoonful of salt, and the bigness of an Egg in Leven, and as much Alligant and *Spanish Soap*, stamp them well in a Mortar, and make a Plaister of them, and apply them to the Patients feet one hour before the coming of the fit, add thereto four or five yolks of Eggs: Or take of Anniseed-water the best you can get, half a pound of Oil of Vitriol, shake them well together, and drink one or two spoonfuls thereof an hour before the fit comes.

104. *For the Spleen.*

Boyl the Rindes and Keys of an Ash-Tree very tender in White-wine, and drink a good draught thereof for six or seven Mornings together, and it will much ease the Patient, when you drink this, anoint the Spleen with *Unguentum Diathæa* every Morning, and Evening applying also a plaister of *Mellilot* to the place.

105. *An excellent Powder for the Green-sickness.*

Take 4 scruples of gentian made into fine powder, of raspe Ivory, and Harts-horn, of each two scruples, make these into fine powder, and give a spoonful hereof with White-wine or the like at once.

106. *A Drink that healeth all Wounds without any Plaster or Ointment, or without any Taint most perfectly.*

Take sanicle, Milfoil, and Bugle, of each a like quantity, stamp them in a Mortar, and temper them with Wine, and give the sick that is wounded to drink twice or thrice a day till he be whole; Bugle holdeth open the wound, Milfoil cleanseth the wound, sanicle healeth it; but sanicle may not be given to him that is hurt in the head, or in the Brain-pan, for it is dangerous. This is a good and tried Medicine.

107. *For Pricking of a Thorn.*

Take of Violet-Leaves one handful, stamp them together, and take a quantity of Boars grease, and of Wheat-bran one handful, set it on the fire in clean water, and make a Plaster thereof, and lay it to the Grief.

108. *To make Oyl of St. John's wort, good for any Ach or Pain.*

Take a quart of sallet-Oyl, and put thereto a quart of Flowers of St. John's-wort well picked, let them lye therein all the summer, till the seeds of the herb be ripe, the Glass must be kept warm, either in the sun, or the water all the summer, till the seeds be ripe, then put in a quarter of St. John's-wort-seeds whole, and so let it stand twelve hours, the glass being kept open, then you must boyl the oyl 8 hours, the water in the Pot full as high as the Oyl in the Glass; when it is cold strain it, that the seed remain not in it, and so keep it for your use.

109. *For the Tisick.*

Take two ounces of Licorice scraped and bruised, of figs three ounces, of Agrimony, Hore-hound,

Enula

Enula Campana, of each a handful, boyl them all together in a Gallon of water, till half be wasted, then strain the herbs from the juice, and use it early and late. Also for the dry Tisick, stamp Fennel-Roots, and drink the juice thereof with White-wine.

110. *To make Oyl of Fennel.*

Put a quantity of Fennel between two Tile-stones, or plates of Iron, make them very hot, and press out the Liquor; and this Oyl will keep a great while, for it is good for the Tisick, dry Scab, Burning, and Scalding.

111. *To make the Black Plaster for all manner of Grievs.*

Take a quantity of Oyl-Olive, a quantity of Red Lead, boyl these together, and stir them with a slice of wood continually till it be black, and somewhat thick; then take it off the fire, and put in it a penny-worth of red wax, and a pound of Rosin, and set it to to the fire again, but do not blaze it, and stir it, then take it off and let it stand till it be cold, and make it in a lump: It is good for a new Wound, or to stanch blood, pour a little of it in a dish, and if it stick fast to the Dishes side, then it is enough, keep it for your use as need requiresh.

F I N I S.

*Beautifying Waters, Oyls, Oynments,
and Powders, to Adorn and
add Loveliness to the Face and
Body.*

*1. To make the Hair
very Fair.*

VV Ash your Hair very clean, and then take some Allom-water warm, and with a Sponge moisten your Hair therewith, and it will make it fair. Or you may make a Decoction of Turmerick, Rubarb, or the Bark of the Barbary-Tree, and so it will receive a most fair and beautiful Colour.

2. Another.

Take the last water that is drawn from Honey, and wash your head therewith, and it will make the Hair of an excellent fair Colour, but because it is of a strong smell, you must perfume it with some sweet spirit.

3. To make the Hair grow thick.

Make a strong Lye, then take a good quantity of Hyssop-Roots, and burn them to Ashes, and mingle the Ashes and the Lye together, and therewith wash your head, and it will make the Hair grow; also the Ashes of Frogs burnt do encrease Hair, as also the Ashes of Goats-dung mingled with Oyl.

4. To make the Hair grow.

Take Marsh-Mallows, and boyl them, Roots and all, and wash the head therewith, and it will grow in a short time; also take a good quantity of Bees, and dry them in a sieve by the fire, and make powder of them, and temper it with Oyl-Olive, and anoint the place where the Hair should grow; also take the Oyl of Tartar, and warm it, and anoint any bald Head therewith, and it will restore the Hair again in a short time.

5. To make the Hair fair.

Take the Ashes of a Vine burnt, of the knots of Barley-straw, and Lieorice, and Sow-bread, and distil them together in fair water, and wash the Head with it; also sprinkle the Hair while it is Combing with the Powder of Cloves, Roses, Nutmegs, Cardamum, and Galingale, with Rose-water; also the Head being often washed with the Decoction of Beech-Nut-Trees, the Hair will become fair.

6. To make the Hair grow.

Take Hasle-Nuts with husks and all, and burn them to powder, then take Beech-mast, and the leaves of *Enula Campana*, and stamp the Herb and the Mast together, then seethe them together with honey, and anoint the place therewith, and strew the Powder thereon, and this will make the Hair grow.

7. To take away Hair.

Take the juyce of Fumitory, mix it with *Gum-Arabick*, then lay it on the place, the Hairs first plucked out by the Roots, and it will never permit any more Hair to grow on the place: Also anoint your Head with the juyce of a Glo-worm stamped, and it hath the same Virtue.

8. For the Falling of Hair.

Take the Ashes of Pigeons-dung in Lye, and wash the Head therewith, also Walnut-leaves beaten with Bears-suet, restoreth the Hair that is plucked away, also the Leaves and middle Rind of an Oak sodden in water, and the head washed therewith is very good for this purpose.

9. *To make the Face fair.*

Take the flower of Beans and Distill them, and wash the face with the water; some say, that the Urine of the party is very good to wash the face withal, to make it fair.

10. *For cleansing the face and skin.*

If the face be washed with the water that Rice is sodden in, it cleanseth the face, and taketh away Pimples.

11. *A Water to adorn the Face.*

Take Eggs cut in pieces, Orange-peels, the roots of Melons, each as much as is sufficient, in a large Vessel with a long neck, distil by an Alimbeck, with a strong and careful fire.

12. *To Beautifie the face.*

Take of Cuckow-pintle a pretty quantity, bruile the thick parts with Rose-water, dry them by the Sun three or four dayes, then pouring more Rose-water on it, use it.

13. *To make the face look youthful.*

Take two ounces of Aqua-vitæ, Bean-flower-water, and Rose-water, each four ounces, water of Water-Lillies six ounces, mix them all, and add to them one dram of the whitest Tragacanth, set it in the Sun six days, then strain it through a fine linnen-Cloath, wash your face with it in the Morning, and do not wipe it off.

14. *A Water to take away wrinkles in the face.*

Take of the Decoction of Briony and Figgs, each a like quantity, and wash the face with it.

15. *An excellent water called Lac Virginis or Virgins Milk, to make the face Neck, or any part of the body fair and white.*

Take of *Alumen Plumosi* halt an ounce, of Camphire one ounce, of Roch-Allom one ounce and a Dram, *Sal Gemmi* half an ounce, of white Frankincense two ounces, Oyl of Tartar one ounce and half, make all these into most fine Powder, and mix it with one quart

quart of Rosewater, then set it in the Sun, and let it stand nine days, often stirring it, then take lisharge of Silver half a pound, beat it fine, and searse it, then boyl it with one pint of White-wine-Vinegar till one third be consumed, ever stirring it with a stick while it boyleth, then distil it by a Philter, or let it run through a Jelly-bag, then keep it in a Glass-Vial, and when you will use those waters, take a drop of the one, and a drop of the other in your hand, and it will be like Milk, which is called *Lac Virginis*, wash your face, or any part of your body therewith, it is most precious for the same.

16. *To take away Sun-burn.*

Take the juice of a Lemmon, and a little bay-salt, and wash your Face or hands with it, and let them dry of themselves, and wash them again, and you shall find all the Sun-burn gone.

17. *To make the face very fair.*

Boyl the flowers of Rosemary in White-VVine with the which wash your face? also if you drink thereof, it will make you have a sweet breath. Also to make the face white, make Powder of the Root of Serpentine and of Powder of *Sepia*, and mingle them with Rosewater, and let it dry, and then let it be put to the same water again, and dry again; do this four or five times, and then use to anoint the face therewith.

18. *To clear the Skin and make it white.*

Take fresh Boars grease, and the white of an Egg, and stamp them together with a little powder of bayes, and therewith anoint the Skin, and it will clear the Visage, and make it white.

16. *To take away freckles in the face.*

Anoint your Face with Oyl of Almonds, and drink Plantain water, or anoint your Visage well and often with hares blood.

20. *To smooth the Skin.*

Mix Capons grease with a quantity of Sugar, and let it stand for a few dayes close covered, and it will turn

turn to a clear Oyl, with which anoint your Face.

21. *To blanch the Face.*

Take the pulp of Lemons, and take out the Kernels, and put to them a quantity of fine Sugar, Distill these, and keep the water to wash your Face every Night.

22. *For Morpew. or Scurf of the Face or Skin.*

Take of Brimstone beaten into powder two Ounces, mix it with as much black Soap that stinketh and tye the same in a linnen cloath, and let it hang in a pint of strong Wine-Vinegar, or Red-Rose-Vinegar, for the space of eight or nine days; and therewith wash any kind of Scurf or Morpew, either in Face or Body, dipping a Cloath in the Vinegar, and rubbing it therewith, and let it dry of it self. Also drink the water of Strawberries distilled, or Tincture of Strawberries, it certainly killeth Morpew or scurf.

23. *For taking away Spots in the face, after the Small-Pox.*

Mix the juice of Lemons with a little Bay-salt and touch the Spots therewith often-times in a day, for it is excellent good.

24. *A good Ointment for the same.*

Take Oyl of Sweet Almonds, Oyl of white Lillies, of either one ounce; Capons grease, Goats Tallow of each four drams, Licharge of Gold one dram and half, Roots of Briony and of Ireos, of either one scruple, Sugar-Candy white one dram, make Powder of all those that may be brought into powder, and searse them, then put them all in a Mortar together, beat them together, and in the working put thereto Roses, Bean-flower, and white Lilly-water, of each a good spoonful, put in by little and little, and so work them together till they become an Ointment; anoint your face, and hands with it every Evening, and in the Morning wash it away in water boyled with Barley, Wheaten-bran and with the seed of Mallows.

25. *To take away the holes or Pits in the Face by reason of the Small-Pox.*

For helping of this Accident I have tryed many things and the best means I have found, is to wash the Face one day with the distilled water of strong Vinegar, and the next day with the water wherein Bran and Mallows have been boyled, and continue this twenty days or a Month together.

26. *For the Redness of the Hands or Face after the small-Pox.*

Take Barley, Beans, Lupines, of each one handful, bruise them all in a Mortar grossly, and boyl them in three pints of water till it grow thick like a Jelly, then strain it, and anoint the Face and hands 3 or 4 times a day, for three or four days together, and then wet the Face and hands as often with this water following.

27. *Another.*

Take Vine-leaves two handfuls, Bean-flower, dragon, Wild Tansie, of either one handful, Camphire three drams, two Calves Feet, the pulp of three Lemons, a pint of raw Cream, shred the Herbs small, also the Lemons, and break, and cut the Calves Feet small; then mix them together, and distill it in a Glass still, and use it. Also the water of May-dew is excellent good for any high Colour, or redness in the Face.

28. *For Pimples in the Face.*

Wash your Face with warm water when you go to bed, and let it dry in; then take the white of an Egg and put it into a Saucer, and set it upon a Chafing-dish of Coals, and put it into a piece of Allom; beat together with a spoon till it become thick, then make a round Ball, and therewith anoint the Face where the Pimples are.

29. *For Heat and swelling in the Face.*

Boyl the leaves or blossoms of rosemary, either in white-wine, or fair water, and use to wash thy hands and face therewith, and it will preserve thee from all

such inconveniences, and also make both thy face and hands very smooth.

30. *For a Red Face.*

Take Brimstone that is whole, and cinamon, of either of them an even proportion by weight, beat them into small powder. and searse it through a fine cloath upon a sheet of white paper to the quantity of an ounce or more, and so by even proportions in weight, mingle them together in clean clarified Capons grease, and temper them well together till they be well mollified, then put to it a little Camphire to the quantity of a Bean, and so put the whole Confection in a Glasse and use it.

31. *To take away Pimples.*

Take Wheat-flower mingled with Honey, and Vinegar and lay it upon them.

32. *An Excellent Ointment for an inflamed Face.*

Take an Ounce of the Oyl of Bayes, and an Ounce of Quick-Silver, and put them in a bladder together with a Spoonful of fasting spittle, and then rub them well together, that none of the Quick-silver be seen; take of this Ointment when it is made, and anoint the face therewith, and it will heal it well and fair. *Proved true.*

33. *For a rich Face.*

Take three yolks of Eggs raw, as much in quantity of fresh butter, or Capons grease without salt, camphire two penny-worth. Red-Rose-water half a pint, two Grains of Civer, and boyl all these together in a Dish, then strain them through a clean Cloath, and set it to cool, and take the uppermost, and use it.

34. *To make the Skin white and clear.*

Boyl two ounces of French Barley in three pints of Conduit-water, change the water, and put in the barley again; and do this till your barley do not discolour the Water, then boyl the last three pints to a quart, then mix half a pint of White wine therein, and

when

when it is cold, wring the juyce of two or three good Lemons therein, and use it for the Morpew; heat of the face, and to clear the skin.

35. *An Excellent Pomatum to clear the Skin.*

Wash Barrows grease or Lard often times in May-dew that hath been clarified in the Sun, till it be exceeding white; then take Marsh-Mallow-Roots, scraping of the out-sides, make thin slices of them, and mix them, set them to macerate in a Balneo, and scum it well till it be clarified, and will come to rope, then strain it, and put now and then a Spoonful of May-dew therein, beating it till it be through cold in often change of May-dew, then throw away that dew, and put it in a Glasse, covering it with May-dew, and so keep it for your use.

36. *To take away Spots and Freckles from the Face and Hands.*

The Sap that issueth out of a Birch-Tree in great abundance, being opened in March or April and a glass Receiver set under it to receive it: This cleanseth the Skin excellently, and maketh it very clear, being washed therewith. This Sap will dissolve Pearl, a Secret not known to many.

37. *To take away Freckles and Morpew.*

Wash your Face in the wane of the Moon with a Sponge; Morning and Evening with the distilled water of Elder-Leaves, letting it dry in the skin; you must Distil your Water in May. This I had from a Traveller, who hath cured himself thereby.

38. *To make the Teeth white and Sound.*

Take a quart of Honey, and as much Vinegar, and half so much White-wine, boyl them together, and wash your Teeth therewith now and then.

39. *A Dentifrice to whiten the Teeth.*

Take of Harts-horn and horses Teeth, of each 2 ounces, Sea-shells, common Salt, Cypress-Nuts, each one ounce, burn them together in an Oven, and make powder, and work it up with the Mucilage of Gum Tragacanth, and rub the Teeth therewith.

40. *To make the Teeth as white as Ivory.*

Take Rosemary, Sage, and a little Allomand Honey, and boyl them together in fair Running-water, and when it is well boyled strain out the fair water, and keep it in a Glasse, and use it sometimes to wash your Mouth and Teeth therewith, and it will make them clean: Also wash your Teeth with the Decoction of Lady Thistle-Root, and it will cleanse and fasten the Teeth and the sore Gums made whole: also the Root of Hore-hound drunk or chewed Fastling, doth quickly heal the Gums, and maketh the Teeth clean; Strawberry-leaves also cleanseth the Teeth and gums, a sure and tryed Experiment.

41. *To make the Teeth white.*

Take one drop of the Oyl of Vitriol, and wet the Teeth with it, and rub them afterward, with a course Cloath; although this medicine be strong, fear it not.

42. *For a Stinking Breath.*

Take two handfuls, of Cummin, and stamp it to powder, and boyl it in Wine and drink the Syrup thereof Morning and Evening for fifteen dayes, and it will help. *Proved.*

43. *To make the Breath sweet.*

Wash your Mouth with the water that the shells of Citrons have been boyled in, and you will have a sweet breath.

44. *To Sweeten the breath.*

Take Butter and the juice of Featherfew, and temper them with Honey, and take every day a spoonful. Also these things sweeten the Breath, the Electuary of Aromatics, and the Peel of Citrons.

45. *To cleanse the Mouth.*

It is good to cleanse the Mouth every Morning by rubbing the Teeth with a Sage-leaf, Citron-peels or with powder made with Cloves and Nutmegs, for beat all Meats of ill digestion, and raw fruits.

46. *For Running in the Ears.*

Take the juice of Elder, and drop it into the Ear of the Parry grieved, and it cleanseth the matter and the

the Filth thereof, also the juice of Violets used, is very good for the Running of the ears.

47. *For Eyes that are blood-shot.*

Take the Roots of red Fennel, stamp them, and wring out the juyce, then temper it with Clarified honey, and make an Oyntment thereof, and anoint the Eyes therewith, and it will take away the Redness.

48. *To make the Hands white.*

Take the Flower of Beans, of Lupines, of starch-Corn, Rice, Orice, of each six ounces mix them and make a powder, with which wash your hands in water.

49. *A delicate washing-ball.*

Take three ounces of Orice, half an ounce of Cyprus, two ounces of Calamus Aromaticus, one ounce of Rose-leaves, two ounces of Lavender-flowers; beat all these together in a Mortar, searsing them through a fine searse, then scrape some Castle-soap, and dissolve it in rose-water, mix your powders therewith, and beat them in a Mortar, then make them up in balls.

50. *For the Lips chapt.*

Rub them with the Sweat behind your Ears, and this will make them smooth and well coloured.

51. *To prevent marks of the*

Small Pox.

Boyl Cream to an Oyl, and with that anoint the whales with a Feather as soon as they begin to dry, and keep the Scabs alwayes moist therewith; let your Face be anointed almost every half hour.

52. *To take away Child-Blains in the hands or feet,*

Boyl half a peck of Oats in a quart of water till it grow dry then anoint your Hands with Pomatum, and after they are well Chafed, hold them within the Oats as hot as you can endure them, covering the Bowl wherein you do your hands with a double cloath to keep in the steam of the Oats, do this three or 4 times, and it will do: You may boyl the same Oats with fresh water 3 or 4 times.

53. To take away Pock holes, or any Spots in the Face.

Wet a Cloath in White-Rose-water, and set it all Night to freeze in the winter, then lay it upon your Face till it be dry, also take two or three poppies, the reddest you can get, and quarter them, taking out the Kernel, then distil them in a quart of red Cows Milk, and with the water thereof wash your Face.

54. An excellent Beauty Water, used by the D. of C.

Take of white Tartar two drams, Camphire one dram, Coperas half a dram, the whites of three or four Eggs, the juice of a couple of Lemmons, Oyl of Tartar four ounces, and as much Plantain-water, white Mercury a penny-worth, two ounces of bitter Almonds; beat all these to powder, and mix them with the Oyl and some water, and then boyl it upon a gentle fire, strain it, and so keep it; when you use it, you must first rub your Face with a Scarlet cloath, and at Night wash your Face with it, and in the Morning wash it off with Bran and White-wine.

55. Against a Stinking breath.

Take a handful of Wood bine, and as much Plantain, bruise them very well, then take a pint of Eye-lett. and as much water, with a little Honey and Alom; keep all these waters together in a Glass, and wash your Mouth well therewith, and hold it in your Mouth, and it will destroy all Cankers, and Cure a stinking breath, and preserve the Teeth from rottenness.

56. To procure an Excellent Colour and Complexion to the Face used by the C. of S.

Take the juice of Hyssop, and drink it in a Morning Fasting, half a dozen spoonfuls in Ale warm, it will procure an excellent Colour, is good for the Eyesight, destroyeth Worms, and is good for the stomach, Liver, and Lungs.

57. To keep the Teeth white, and kill Worms.

Take a little Salt in a Morning fasting, and hold it under your Tongue till it be melted, and then rub your Teeth with it.

58. To procure Beauty an Excellent Wash.

Take four ounces of Sublimate, and one ounce of Crude-Mercury, and beat them together exceeding well in a wooden Mortar, and wooden Pestle; you must do it at least six or eight hours, then with often change of cold water, take away the salts from the sublimate, change your water twice every day at least, and in seven or eight days it will be dulcified, and then it is prepared; lay it on with Oyl of white Poppy.

59. A beauty-water for the Face, by madam G.

Take Lye that is not too strong, and put two peels of Oranges, and as much Citron-peel, Blossoms of Camomile, Bay-leaves, and Maiden-hair, of each a handful, of Agrimony two or three ounces; of barley-straw chopt in pieces a handful, as much Fennugreek, a pint of Vine-leaves, two or three handfuls of Broom-blossoms; put all these into the Lye, and mingle them together, and so wash the Head therewith, put to it a little Cinamon and Myrrh, let it stand, and wash your Face therewith every evening. It is good to wash the Head, and to comfort the Brain and Memory.

60. Against stink of the Nostrils.

Take Cloves, Ginger, and Calamint, of each a like quantity, boyl them in White-wine, and therewith wash the Nose within; then put the powder of Pistrinum to provoke one to sneeze, if there be phlegm in the head, you must first purge the Head with Pills of Colchie, or of *Hierapiera*: Or if the stink of the Nose come from the Stomach, Purge first.

61. To make the Hands white.

To make the Hands white and soft, take Daffodil in clean water till it grow thick, and put thereto powder

der of *Cantarium*, and stir them together, then put thereto raw Eggs, and stir them well together, and with this ointment anoint your hands, and within three or four days using thereof, they will be white and clear.

62. *A sweet water for the Hands.*

Take of the Oyl of Cloves, Mace or Nutmegs, three or four drops only, and mingle it with a pint of fair water, stirring them a pretty while together in a glass having a narrow mouth, till they are well mingled together, and wash your hands therewith, and it will be very sweet water, and will cleanse and whiten the hands very much.

63. *For Heat and Worms in the Hands.*

Bruise a little Chick-weed, and boyl it in Running water; till half be wasted away, and wash your hands in it as hot as you can suffer it, for the space of six days, and it will drive away the Heat or Worms in the Hands.

64. *To make the Nails grow.*

Take Wheat-flower and mingle it with Honey, and lay it to the Nails, and it will help them.

65. *For Nails that fall off.*

Take powder of Agrimony, and lay it on the place where the Nail was, and it will take away the aking and make the Nails grow.

66. *For cloven Nails.*

Mingle Turpentine and Wax together, and lay it on the Nail, and as it groweth cut it away, and it will heal.

67. *For Nails that are rent from the flesh.*

Take some Violets and stamp them, and fry them with Virgins wax and Frankincense, and make a plaster, and lay it to the Nail, and it will be whole.

68. *Another.*

Anoint your fingers with the powder of brimstone, Arsnick, and Vinegar, and in a short time you shall find great ease.

69. *For Stench under the Arm-holes.*

First pluck away the Hairs of the Arm-holes, and wash them with White-wine and Rose-water, wherein you have first boyled *Cassia Lignum*, and use it three or four times.

70. *For the Yellow Jaundiss.*

Take the juice of Wormwood, and Sorrel, or else make them in Syrup, and use to drink it in the Morning.

71. *To take away warts from the Hands or Face.*

Take Purslain, and rub it on the Warts, and it maketh them fall away; also the juice of the Roots of Rushes applyed healeth them.

72. *To smooth the Skin, and take away Morpew and freckles.*

Anoint the Face with the blood of a Hare or bull, and this will take away Morpew, and Freckles, and smooth the Skin.

A Supplement of some Rare Beautifying Waters, Oyls, Ointments, and Powders.

1. A Beauty Water:

Take of Bean-flowers six handfuls, Lemon-water one pint, Lilly-Roots eight ounces, Bean-flower a pound, Gum-Arabick and Tragacanth of each one ounce, distill all these together, and wash the face therewith.

2. Another by an Approved Author.

Take of distilled Turpentine 2 pound, Frankincense 3 ounces, Mastick, Dragons-blood of each half an ounce, powder them, and mix them with Turpentine-water, and distil them again, then take of fresh Hogs grease melted, one pound, Cloves 2 Drams, three Nutmegs, Gold one dram, Silver two drams, powder them finely and distil them in an Alembick.

3. To take away Freckles and Scars in the Face.

Take of Aqua vite four times Distilled three parts, the tops of Rose-mary-flowers two parts, steep them together a day and a night in a Vessel well stopp'd, then Distill them.

To make the Face fresh and Ruddy.

Use the shavings of Brazeel Wood dissolved in Rose-water with a little Camphire added thereto, and you will find it very effectual to make a good Colour and Complexion.

5. To make the Face youthful.

Take two Calves-feet, River-water nine quarts, boyl them till one half be wasted, then add one pound of Rice, the crumb of a penny Loaf softened in Milk, fresh Butter, whites of Eggs with their shells, mix them all, and boyl them, and Distil all the water from them, to which add at last Camphire and Sugar, each a little, and it will be excellent.

6. A Water to whiten the Skin, and take away Sun burn.

Take of Rain water, the juyce of unripe Grapes, each a like quantity, boyl them together till one half be consumed, then whilst it boyls, add so much juyce of Lemons as was boyled away before, when it is boyled take it off, and add four whites of Eggs after it is cold, and keep it for your use.

7. To clear the face and Skin.

Take of Lilly-roots roasted under the Ashes one pound, bruise them in a Mortar, to which add sugar-Candy three ounces, make an Oyntment to apply to the face.

8. To take away Ring-worms in the face.

Take of Vinegar, of Squills two ounces, Aloes, the juyce of sowre Dock, Oyl of Tartar, of each 3 Drams, make a Liniment.

9. For Beautifying the Face, an approved Oyntment.

Take of Citron Oyntment fresh made three ounces, sweet Almonds very well bruised. flower of beans of each one dram, the bone of the fish Sepia, Harts-horn, Barley-flower, each a drams, incorporate them all with Honey.

10. Another Excellent Beautifier.

Take of Pomatum two ounces, Citron Oyntment four ounces, mix and anoint the face therewith Night and Morning, and afterwards wash your face with Bean-flower-water.

11. *An Oyntment to illustrate the Face.*

Take the Oyl of the Marrow of a Hart two ounces, Oyl of Goard-Seeds one ounce, Goats fat, washt Turpentine, each half an ounce, new wax three drams, melt them by the fire, then add Mastick, Borax burnt, each two drams, mix them, and make an Unguent, with which anoint the face at night, and in the morning wash it off with bran-water.

12. *To curl the Hair.*

Take a quantity of Pine Kernels burnt and beat to powder, mix them with Oyl of Myrtles, make an Oyntment therewith, and anoint the Head.

13. *To make the Hair black.*

Take the juice of red Poppy, the juice of green Nuts, Oyl of Myrtles, Oyl of Costomary, each one part, boyl it a while, and anoint the Hair therewith.

14. *An excellent Beautifyer for the face used by the Venetian Ladies.*

Take of burnt Tartar half a pound, powder it and dry it as they do Salt, then take that Salt, and put it within the whites of Eggs boyled.

15. *To cure a red Face.*

Take four ounces of Peach Kernels, Goard-seed two ounces, bruise them, and make an Oyl to anoint the face Morning and Evening.

16. *To increase the Hair.*

Take the Seeds of Marsh-Mallows a sufficient quantity, boyl them in common Oyl, with which anoint the Hair. Also the Oyl of Earth-worms doth increate the Hair.

17. *To make the Breasts small.*

Take of Roch-Allom powdered, and Oyl of Roses of each a like quantity, mix them together and anoint the breasts therewith.

18. *To take away the Wrinkles of the Face.*

Take Oyl of Turkey-miller, and the decoction of the Berry of the same, and it will distend, Mollifie, and Consolidate Wrinkles, also Oyl of Nuts is very good for the same.

19. To

19. *To cleanse the Body and make it comely.*

Take of Sage, Lavender-flowers, Rose-flowers, each two handfuls, a little Salt, boyl them in water or in Lye, and make a Bath not too hot, in which bathe the body two hours before meat.

26. *A sweet scented Bath for Ladies.*

Take of Roses, Citron-peels, Citron-flowers, Orange-flowers, Jasmine, Bayes, Rosemary, Lavender, Mint, Penny-royal, each a sufficient quantity, boyl them together gently, and make a Bath, to which add Oyl of Spike six drops, Musk five Grains, Amber-grease three grains, sweet Ala one ounce, let her go into the Bath two hours before Meat.

21. *To make the Body, fat and comely.*

Take of Milk and Spring-water each one pint, boyl them together till the water be consumed, then add Sugar of Penedies, fresh Butter each one ounce, oyl of sweet Almonds newly drawn half an ounce, give them one boyling more, and so let it be taken sometimes in a Morning fasting, and sleep upon it.

F I N I S.



New and Excellent Experiments and Secrets in the Art of Angling. Being directions for the whole Art.

To make the Lines.

TAKE Care that your Hair be round, and free from Galls, Scabs, or Frets, for a well chosen, even, clear, round Hair, of a kind of a glass-colour, will prove as strong as three uneven scabby Hairs, that are ill chose.

Let your Hair be clean washed before you go about to twist it, and then not only choose the clearest Hair, but Hairs that are all of an equal bigness, for such do usually stretch all together, and not break singly one by one, but altogether.

When you have twisted your Links, lay them in water for a quarter of an hour at the least, and then twist them over again before you tie them into a Line, for those that do not so, shall usually find their links to have a Hair or two thick, and be shorter then all the rest, at the first fishing with it, which is so much of the strength of the Line lost, for want of wetting it at first. and then re-twisting it, and this is most visible in a seven Hair Line, which hath always a black hair in the middle, called by Anglers, the Herring-bone: Those Hairs that are taken from an Iron-gray, or a Sorrel Stone-Horse, and the middle of the tayl are best.

A Cement for Floats to fish withal.

Take black Rozin beaten, Chaik scraped, Bees-wax bruised, of each a like quantity; melt all these over a gentle small coal fire in an earthen Vessel well leaded, and so warming the two quills, fix them with a little of it; it cools immediately, and being cold, is so hard, strong and tite, that you can hardly pull the two Quills asunder with both your hands, without breaking them in pieces.

To fight your Caps for the float aright.

Let the uppermost be at the distance from the top of the quill, and the lower Cap near to the end of the quill, as in the description of it.

To dye Bones or Quills red for ever.

Take some Urine, and put into it as much Powder of Brazile as will make it very red, which you shall know by dropping some with a Feather upon a piece of white Paper, and put therein bones or Quills, being first well scraped, and laid a while in a water made of Argol, and let them lye in it ten or twelve days, then take them out, and hang them up till they are dry, and rub them with a dry Linen Cloath; and they will be of a transparent Colour.

Observations

A Pike is called.

The first Year a Shottrel.

The second, a Pickerel.

The third Year, a Pike.

The fourth Year, a Luce.

Fish are fattest about August.

All Fish are in season a Moneth or six Weeks after they have spawn'd.

To cleanse worms.

Take a piece of a Hop-sack (because that is not so close struck in the Weaving as other Cloath is) and wash it clean, and let it dry, then take some of the Liquor wherein a piece of fresh Beef hath been boyled, but be sure you take not the Liquor of
Salt

Salt Beef, for that will kill all the worms, dip the piece of Hop-sack in the Liquor, and wring it out, but not hard, so that some of the Liquor abide in the Cloath; put the worms into this Cloath, and lay them in an earthen Pot, the Worms will run in and out through the Cloath, and scour themselves; let them stand from Morning to Night, then take out the Worms from the Cloath, and wash the Cloath as before, but not dry it, and wet it again in some of the Liquor; thus do once a day, and thus you will not only preserve your worms alive for three Weeks, or a Moneth, but also make them red and tough. *Probatum.*

The Secrets of J. D.

Would'st thou catch Fish?

Then here's thy wish:

Take this Receipt

T'anoint thy Bait.

Thou that desirest to fish with Line and Hook,

Be it in Pool, in River or in Brook,

To blis thy bait, and make the fish to bite,

Loe here's a means, if thou canst hit it right.

Take Gum of Life fine beat, and laid to soak

In Oyl, well drawn from that † which kills the Oak.

† That which kills the Oak,

I conjecture to be Ivy.

Fish where thou wilt thou shalt have sport thy fill;

When twenty fath thou shalt be sure to kill. Probatum.

It's perfect and good, if well understood;

Else not to be told, for Silver nor Gold.

To unloose the Line in the Water.

Of these there are several sorts, according to several Mens fancies; that which I approve of as being the surest, is a forked stick about two yards long, if it be not long enough to reach the bottom, you may lash it to any other stick,

These

These fish rise best at a flye.

Salmon.	Bleak.
Trout.	Chevin, or Chub.
Vimber.	Roch.
Groyling.	Dace.

Ad Capiendum Pisces.

Recipe mugilago vel Scholaris Fortas (Anglice white Mullen. collecta circa medium Maii, quando Luna sit plena. distemperata cum nigro sale & serva in olla terrea. & quando vis occupare ungue manus & lava eas in loco ubi sunt Pisces.

A good Bait for fish all Seasons of the year.

Take Wheat-flower, and Tallow of a new slain Sheep, and the white of an Egg, beat them all together, and make a paste therewith, and bait with it.

Roch and Dace.

From the tenth of March to the tenth of May is the spawning time for Roch and Dace.

A Patie for Roch, Dace and Chub.

Fine Manchet, old fat Cheese of the strongest, Rusty Bacon, beaten these in a Mortar, and moisten it with a little Brandy, and colour it with Turnericke or Cambogia, or red Vermillion.

Baits.

1. Take the flesh of a Rabbit, or a Cat cut small, and Bean-flower, and for want of that other flower; mix these together, and put to them either Sugar or Honey (but I judge Honey the best) beat these together in a Mortar, or sometimes work them in your hands, (being very clean) then make it into a ball. but you must heat it so long, till it be so tuff, that it will hang upon the hook, yet not too hard neither, that you may the better dough-knead with your Paste a little white, or yellow wool, if you would have this Paste keep all the Year, then mix with it Virgins-Wax and Clarified Honey, and work it together with your hands before the fire, then make it into balls, and it will keep all the Year.

2. Ano-

2. Another.

Take an handful or two of the best and biggest Wheat you can get, boyl it in a little Milk (as Furmery is boyled till it be soft) and then fry it very leisurely, with Honey, and a little beaten Saffron dissolved in Milk; you will find it a choice bait, and good I think for any Fish, especially of Roch, Dace, Chub and Choyen.

3. Another.

The Tenderest part of the Leg of a young Rabbit, Whelp, or Catlin, as much Virgins-wax, and Sheeps Suet. beat them in a Mortar till they are well incorporated, then with a little Clarified Honey, temper them before the fire into a paste.

4. Another.

Sheeps-Kidney-Suet, as much old strong Cheese, fine flower, or Manchet; beat it into a paste, and soften it with Clarified Honey.

5. Another.

Sheeps blood, old Cheese, fine Manchet, Clarified Honey; make all into a paste, as before.

6. Another.

Cherries, Sheeps-blood, Saffron, fine Manchet, make all into a paste, as before. You may add to any of these, or other pastes, *Cocculus Indiae*, *Assa fetida*, Oyl of Polypody of the Oak, the Gum of Ivy dissolved; I judge there is vertue in these Oyls, but especially in the Gum.

7. Another.

Pull off the Scale from a boyled Prawn or Shrimp, bait the Hook with it, and it is an excellent bait for Roch, Dace, and Bleak.

8. Another.

Bean-flower, Honey, and the white of an Egg made up into a paste, is an Excellent and long Experienced bait for small fish, Which if they once taste of, they will never forsake till death.

9. Ano-

9. Another.

Gentles, of which kind, the best are those that are bred upon a Cat, because they are quickest and liveliest.

If you put some Gentles into a box, where Vermilion hath been, they will live in it two or three dayes, and will become of a very transparent colour, and keep so in the water when you fish with them.

When you fish in a Quick Stream, a long Quill or Float is best.

But in an Eddy or still stream, the shorter the Quill or Float is, the better.

When you fish at the well boats, or at the bank-side, be there at half Ebbing water, and fish upon those well-boats that lye nearest to the shore; till the water falls away from them, then go to the outermost Boats.

Some of the well-boats do sheer to and again from the place where your Ground-bait lyeth, to prevent which, and that you may alwayes fish in the that place where you have cast your Ground-bait, you must have a Buoy tolie out, and then you are sure to fish right.

10. Another.

Dry Sheeps-blood in the Air upon a dry board, till it become a pretty hard dry lump, then cut it into small pieces for your use.

11. Another.

You shall find in the Moneths of *June, July, and August*, great quantities of Ant-flies go to the Ant-hills, and take a great handful of Earth, with as much of the Roots of the Grass as you can; put all into a large glass bottle, then gather a Pottle of the blackest Ant-flies, but take heed you bruise them not, Roch and Dace will bite at these flies under water, near the Ground.

Directions how to make your Paste.

First, wash your hands very clean, then get some of the finest Manchester, of two or three days old, and cut away the crust, then lay it in water, or Milk, which is better, let it lye no longer than till it is soaked just thorough, then squeeze all the water very well, then knead it in your hands very well, with a little bit of sweet butter to make it stiff, colour it with Vermillion, if you make it over night, keep it in a wet Linnen Rag, all the water being wrung out of it; in the kneading scrape a little old Cheese among it.

How to Bait with Gentles.

Put your Hook through the middle part of the Gentle, and no more, then he will live longest; I mean through the skin and no more; but if you could get some Oyl of Ivy, that is rightly taken from the Tree in the Moneth of *May*, and cast but two drops of it among the Gentles before you use them, you would have sport beyond expectation.

When to drag upon the Ground, and when not.

When you fish in a quick Stream drag a Quills length, or more.

Also when the water is not clear, but of a white or clay colour, and if you put a little piece of Scarlet a little above the Hook, the fish will see the bait the better.

Sometimes when you are at the sport the Wind riseth and makes your Float dance upon the waves, then always observe, and watch well the motion of your float under water, and not the top of your Float.

I saw an Angler whipping for Bleaks and Dace with a *May-flie*, but he put on a Gentle upon the Hook besides, and he had excellent sport.

Carp and Tench.

Bait.

1. **A** Carp will take a red Worm dipp'd in Tarr, at the bottom.

2. Malt-flower, old *Cheshire* Cheese, *English* Honey, Eggs, temper these together with a little water. (but I should think Milk is far better) colour it with Saffron, and put as much upon the Hooks as the bigness of a large Hasle-Nut.

Bait the place where you intend to Fish, very well over night with Grains and Blood: the next Morning very early fish for him with a well scoured Lob-worm; or the Paste above mentioned.

You may dip your worm in Tarr, and try what that will do.

A Carp chooseth the deepest and stillest places in ponds and Rivers, and so doth the Tench, and also green weeds, which he loves exceedingly.

Late in the Evening the Ale, Grains, and Blood. Well mixed together is Bait very good.

For Carp, Tench, Roach, and Dace to prepare,

Is early in the Morn at the River you are,

Strong tackle for Carp, for Roach and Dace fine

Will help thee with fish sufficient to Dine.

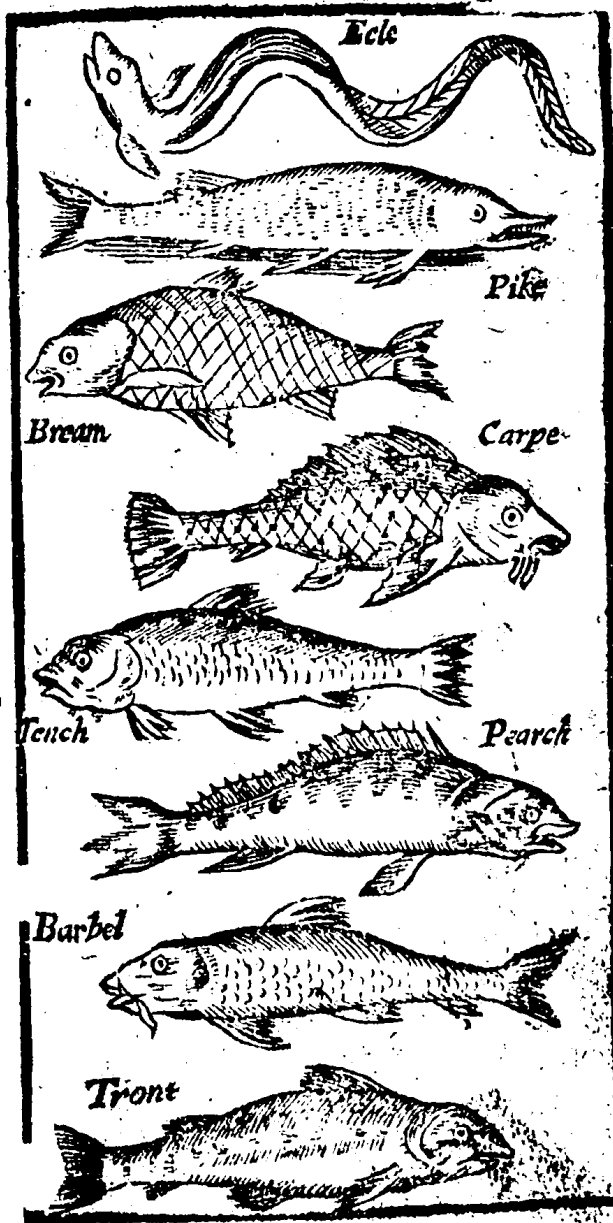
For thee Carp, let thy bait be the knotted worm be,

The rest love the Gadus, the Paste or the Fly.

Chub, Pike, and Bream.

The Pike chooseth Sandy, or Clay ground in still Pools full of Fry; the Bream loves a gentle Stream, and the broadest part of the River, the Chub loves the same ground and Spawns in May.

One



One who was the best troul-er of Pikes in *England*, used always to troul with a Hazle-Rod twelve Foot long, with a Ring or wyre in the top of his Rod for his Line to run through, within two foot of the Rod there was a hole to put him in a winder, to turn with a barril, to gather up his Line, and loose it at his pleasure; this was his manner of troul-ing with a small Fish.

There are several other ways to take Pikes, there is a way to take a Pike, which is called the Snap, for which Angling you must have a pretty strong Rod, for you must Angle with a Line no longer than your Rod, which must be very strong, that you may hold the fish to it; your Hook must be a double Hook, made of a large wyre, and Armed with wyre one or two links long; you must bait the Fish with the Head upwards, and the point must come forth of his side a little above his vent.

In all your baitings for a Pike, you must enter the Needle where the point cometh forth, so draw your Arming through, until the Hook lyeth as you think fit, then make it fast with a thread to the wyre, but first tye the thread about the wyre, otherwise the fish will skip up and down, so fall to work: The bait must be a Gudgeon, a small Trout, Roch, or Dace.

Now I will pawn my Credit, that I will shew a way, either in Ware, Pond, or River that shall take more Pikes than any Trouler shall do by Trouling; and it is this.

First take a forked stick, a line of twelve Yards long wound upon it, at the lower end leave a Yard to tye, either a bunch of fliggs, or a Bladder, to Eury up the Fish, to carry the bait from the Ground, that the fish may swim clear, the bait must be alive, either a small Trout, Gudgeon, Roch, or Dace, the forked stick must lie flat on the one side of the fork to put the

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that the live fish may swim at the gauge you set the fish to swim at, that when the Pike takes the bait, the Pike may have the full liberty of the Line for his feed; you may turn as you please of these look in the Pond or River all day long, the more the better, and do it in a pond-wind: the Hooks must be double Hooks.

To Bait the Hook.

Take one of the Baits alive, and with your Needle enter the fish within a straws breadth of the gill, so put the Needle in betwixt the Skin and the Fish, then draw the Needle out of the hindermost fin, drawing the Arming through the Fish, until the Hook come to lye close to the body, but I hold it better, if it be Armed with wyre, to take off the Hook, and put the Needle in at the hindermost fin, and so come forth at the Gill, then put on the Hook, and it will hurt the live Fish the less, so knit the Arming with the live fish to the line.

But I judge the baiting with a live fish is done far better, as it is done, baiting with a Minew to fish for a Trout.

*A Rod twelve foot long, and a ring of wyre,
A winder and Barril will help thy desire,
In killing a Pike: but the forked Rick,
With a slit and a Bladder, and the other fin
trick,
which our Artift call Snap, with a Goose or a
Duck,
will kill two for one if thou have any luck.*

Chub takes a black Snail about August; and for a Bait, take the fourth Receipt prescribed for Roch and Dace, but colour it with Saffron; or Gambogia.

The Pike in the month of March, before which it is good fishing for him, but after March it is till the middle of May: A Smelt is a rare bait,

bait, a pole for trouling should be eleven foot long, for the Snap twelve foot.

When you troul, the head of the fish must be downward at the bent of the Hook, but when you Snap, the head must be upward at the Shank of the Hook.

If you fish at a Snap for a Pike, give him leave to run a little before you strike, and then strike the contrary way he runs.

If you fish with a dead bait for him, take this as a most excellent one.

Take a Minew or yellow Frogg, a Dace or a Roch, and having dissolved some Gum of Ivy in Oyl of Spike, anoint your bait therewith; and cast it where the Pikes frequent; and when it hath lain a little while at the bottom, draw it up to the top, and so up the Stream, and if pikes are in the place where you fish, you will quickly perceive them to follow it with much eagerness.

Perch.

The Perch loveth a gentle stream, of a reasonable depth, seldom shallow.

Baits.

1. His bait is most commonly a red knotted worm or a Minew.

2. *Another.*

Make a bait with the Liver of a Goat, and bait your Hook therewith.

3. *Another.*

Take yellow Butterflies and Cheese made of Goats milk, of each half an ounce, of Opoponax the weight of two French Crowns, of Hogs-blood half an ounce, Galbanum as much; pound them all well, and mix them together, pouring upon them Red Wine, and make thereof little balls, such as you use to make Perfumes into, and dry them in the shade.

4. Another.

To bait your Hook with a live Minew, when you Fish for a Trout, or Perch with a Running Line.

First put your Hook in at his Mouth, and out at his gill, then having drawn your hook 2 or 3 Inches beyond or through his Gill, put it again into his Mouth, and the point and Beard out of his tail, and then tie the Hook and his Tail with a white Thread, which will make it the apter to turn quick in the water; then pull back that part of the Line which was slack, when you put your Hook into the Mouth the second time, I say, pull that part of it back, so that it shall fasten the Head, that so the body of the Minew shall be almost straight on the hook; then try how it will turn by drawing it cross the water, or against the Stream, and if it do not turn nimbly, then turn the Tail a little to the right or left hand, and try again till it turn quick, for if not, you are in danger to catch nothing, for know that 'tis impossible it should turn too quick; but if you want a Minew, then a small Roch; or Stickle-back, or any other small Fish will serve as well; If you salt your Minews you may keep them three or four days fit for use, or longer; Bay-Salt is best.

5. Another.

To Bait with a Lob-worm, to fish for a Trout or Perch with a Running line, with a Swivel.

Suppose it be a big Lob-worm, put your Hook into him above the middle, then draw your Worm above the Arming of your Hook, enter your Worm at the Tail end of the Worm, the point may come out toward the Head, and having drawn him above the Arming of your Hook, put the point of your Hook again into the very Head of the worm, till it come to the place where the point of the hook first came out, and then draw back that part of the worm that was above the Shanker Arming of the Hook.

And

And so fish with it, you cannot lose above two or three Worms before you attain to what I direct you, and having attained it, you will find it very useful, for you will run upon the ground without tangling, but you must have a Swivel.

Trout.

The Trout loves small purling Brooks, or Rivers that are very swift, and run upon Stones, or Gravel, he feeds while he is in strength in the swiftest streams behind a Stone, Log, or some small Bank that shooteth into the River, and there lyes watching for what comes down the Stream. He spawns about October.

Baits.

1. You shall find in the Root of a great Dock, a white Worm with a red Head, with this Worm fish for a Trout at the bottom, he lies in the deep, but feeds in the Stream.

2. Another.

He also takes very freely a worm, called a Brandling, of which sort the best are found at the Bear garden, amongst the Bears Dung.

An Universal Bait to take all manner of Fish, but especially Trouts, which hath been Experienced by an ancient Angler, and made by a Chymist, in 1668.

Take of the juice of Camomile two spoonfuls, Oyl of Spike four drams, Spirit of Vitriol one ounce, Oyl of Comfrey, by Infusion six drams, Goose-grease one ounce; Dissolve these over the fire, being well mixed, let it stand till it is cold, then put it into a strong Glass, and let it stand three or four days before you stop it up with a good cover made of parchment and Leather, and it will keep good for seven Years.

Gudgeons.

A Gudgeon spawns in May, and sometimes in April.

Baits.

A Gudgeon takes nothing but a red knotted worm in a Horse Dung-hil.

Barbel.

The Barbel (as *Gesner* saith) is one of those leather mouth'd Fishes, having his Teeth in his Throat.

There are divers ways of fishing for him, as with a Casting-Line of small Whip-Cord, a Plummer, and a pair of small drabbers of Hair.

Others fish for him with a standing-Line, either of Silk, or some Brass wyre well kneaded, with a Plummer of one, two, three, or four ounces, according to the swiftness of the stream, and a pair of drabbers, as before.

Some fish for Barbel with Casting-Lines, as at London-Bridge, a Plummer of one pound and half, and a pair of drabbers.

There is yet another way (though against the Statute, and forbidden by the Court of Aldermen) and that is by scratching with Hooks without Baits.

Baits.

His baits a green Gentle, strong Cheese, sometimes a Lob-worm, and sometimes a piece of pickled herring.

Eels.

To reckon up the several ways of taking Eels, were almost, if not altogether impossible; and therefore I shall only tell you how the Anglers here in London take them.

Take a shooting line, of 10, 12, 14, 16, or 20 hooks as many, and as few as you please; and this cannot but be an excellent way, either in Pond, River or Moar.

The manner of making it is very well known to all those that sell Hooks and Fishing-Tackle in *Crooked Lane*, where you may buy them ready made.

*Baits.**Baits.*

His bait is green Gentles, strong Cheese, Lob-worms, pickled Herring, powdered-beet, or periwinkles.

Your Plummer must be three pound, or 3 pound and a half of Lead.

Bream.

The Bream loveth a red worm, taken at the root of a great Dock, it lyeth wrapt up in a knor, or round clue. He chuseth the same waters as the Pike.

Salmon.

The Salmon loveth large swift Rivers, where it ebbs and flowes; he spawns at the latter end of the Year.

To fish for Salmon.

The first thing you must gain, must be a Rod of some ten foot in the flock, that will carry a top of 6 foot, stiff and strong, the reason is, because there must be a wyre Ring at the upper end of the rod, for the Line to run through, that you may take up, and looke the Line at your Pleasure, you must have the winder within two foot of the bottom of your Rod, made in this manner exprest, with a spring, that you may put it on as low as you please.

The Salmon swimmeth most commonly in the midst of the River, in all his Travels he desires to see the uppermost part of the River, travelling on his journey in the heat of the day, he must take a bush, if the Fisher-Man espye him, he goeth at him with his Spear, and so shortneth his Journey.

The Angler that goeth to fish for him with a Hook and Line, must Angle for him as nigh the middle of the water as he can with one of these.

Baits.

Take two Lob-worms, and put the hook so near through the middle of them, that the four ends may hang of an equal length, and so Angle as near

the bottom as you can, feeling your Plummet run on the ground, some 12 inches from the hook.

If you Angle for him with a Flye (which he will rise at like a Trout) the flye must be made of a large hook, which hook must carry six wings, or four at the least; there is judgment in making these Flyes.

The Salmon will come at a Gudgeon in the manner of a Trouling Line, and cometh at it bravely, which is fine Angling for him; you must be sure your Line be of twenty six, or thirty yards long, that you may have your convenient time to turn him; or else you are in danger to lose him, but if you turn him, you are likely to have him, all the danger is the running out, both of Salmon and Trout.

You must fore-cast to turn the fish as you do a wild horse, either upon the right or Left hand, and wind up your Line as you find occasion in the guiding the fish to the shoar, having a large Landing hook to take him up.

*Close to the bottom, in the midst of the water,
I fish'd for a Salmon, and there I caught her.
My Plummet twelve inches from the large hook,
Two Lob-worms hung equal, which she ne're forsook;
Nor yet the great hook, with the six winged Flye,
And she makes at a Gudgeon most furiously.
My strong Line was just twenty six yards long,
I gave him a turn, though I found him strong.
I wound up my Line, to guide him to Shoar,
The Landing hook helpt much, but the Cookery more.*

The

The Names of the Flies that are used in Angling: with the times when they are in Season, and what the Bodies and wings are made of.

1. **A** Stone Fly, which is in season in *April*, the body of it is made with black-wool, made yellow under the wings, and under the Tayl; the Wings are made of a Mallards Feather.
2. A ruddy Fly is in season in the beginning of *May*; the body is made of red wool wrapt about with blue silk, the wings are made of the wing of a Drake, and a red Hackle.
3. The yellow or greenish fly, in season in *May*, made of yellow wool, his wings made of red Hackles, and the wing of a Drake.
4. The Dun fly is sometimes of Dunwool, and sometimes black, in season in *March*; his wings made of Partridge-feathers; black Drakes feathers; and the feathers under his tayl.
5. The black fly in season in *May*, made of black-wool, and wrapt about with Peacocks Tayl, his wings the feathers of the wings of a brown Capon, with the blew feathers in his head.
6. The sad yellow fly, in season in *June*, made of black-wool, with a yellow List on either side; the wings of a Buzzard, bound with black braked Hemp.
7. The Moorish fly, in season in *June*, made of dusky wool, the wings the black male of a Drake.
8. The tawny fly, good till the middle of *June*, made of Bears wool, the wings made contrary one against the other of the whitish Male of a wild drake.
9. The Wasp fly, in season in *July*, made of black-wool, wrapt about with yellow Silk, the wings of a Drakes feathers, or Buzzards.
10. The Shell fly, good in the middle of *June*, made of greenish wool, wrapt about with Pearl of a Peacocks tayl; the wings of a Buzzards Feathers.

11. The dark Drake-Fly, made of black-wool wrapt about with black Silk; in season in *August*, the wings, the Male of the black drake with a black head.

12. The *May-fly*, made of greenish colour'd Cruel, or Willow colour, and darken it in moist places with waxed Silk; or Ribb'd with a black hair, or some of them Ribb'd with Silver thread, and such wings for the colour, as you see the Fly to have at that Season:

13. The Oak-Fly the body made of Orange-tawny, and black Cruel; the wings the brown of a Mallards Feather.

The best way of Dressing these, and all other sorts of Fish, you may find in the next Part following.

F I N I S.

The Compleat Cook's Guide or Directions for the Dressing of all Flesh, Fowl, and Fish, both in the *English* and *French* Mode; with the preparing of all manner of Sauces and Sallets proper thereunto. Together with the making of all Sorts of Pyes, Pasties, Tarts, and Custards; with the Forms and Shapes of many of them. With Bills of Fare, both for Ordinary, & Extraordinary.

1. To make a *Lamb's-Pye*.

First, cut your Lamb into Pieces, and then season it with Nutmegs, Cloves, and Mace, and some Salt with Currans, Raisins of the Sun, and sweet butter; and if you will eat it hot, when it is baked put in some Yolks of Eggs, with Wine-Vinegar, and Sugar beaten together, but if you will eat it cold, put in no Eggs, but only Vinegar and Sugar.

2. To make a Rice Pudding.

Take thin Cream, or good Milk, of what quantity you please, boyl it with a little Cinamon in it, and when it hath boyled a while take out the Cinamon, and put in Rose-water, and Sugar enough to make it sweet and good; then having your Rice ready bearen as fine as Flower, and searced as some do it, strew it in, till it be of the thickness of a Hasty pudding, then pour it into a Dish, and serve it.

3. To make Cheese-Cakes the best way.

Take two Gallons of New Milk, put into them two spoonfuls and a half of Runner, heat the Milk little less then blood-warm, cover it close with a Cloath, till you see the Cheese be gathered, then with a scumming-dish, gently take out the Whey, when you have dreyn'd the Curd as clear as you can, put it into a Sieve, and let it drain very well there; then to two quarts of Curds, take a quart of thick cream, a pound of sweet butter, twelve Eggs, a pound and half of Currans, a penny worth of Cloves, Nutmegs and Mace beaten, half a pound of good Sugar, a quarter of a pint of Rose-water; mingle it well together, and put it into Puff-paste.

To make an Egg-Pye, or Mince-Pye of Eggs.

Take the Yolks of two dozen of Eggs hard boyled, shred them, take the same quantity of Beef-Suet, half a pound of Pippins, a pound of Currans well wash'd and dry'd, half a pound of Sugar, a penny-worth of beaten Spice, a few Carraway-seeds, a little Candied Orange-peel shred, a little Verjuice and Rose-water, fill the coffin, and bake it with gentle heat.

5. To Carbonado Mutton.

Broil a Shoulder, or Breast of Mutton, then scotch them with your Knife, and strew on Minc'd Thyme and Salt, and a little Nutmeg; when they are broiled, Dish them up: The sauce is Claret-wine boyled up with two Onions, a little Camphire and

and Capers with a little Gravy, Garnish'd with Lemons.

6. To stew a Pheasant French fashion.

Roast your Pheasant, till he be half Roasted, then boyl it in Mutton-Broath, and put into the broath whole pepper, whole Mace, and sliced Onions and Vinegar, and make it sharp, and put in Pruans and Currans, and colour your broath with bruised Pruans.

7. To make Basket-Bread.

Take half a peck of Flower fine, two Ounces of Anniseeds, two Ounces of Coriander-seed, the whites of six Eggs, a pint of Ale-yeast, with as much warm water as will make it up into a Paste, so bake it in a long Roul; when it is 2 days old, pare it, and slice it, then Sugar it, and dry it in an Oven, and keep it all the year.

8. To make a dish of Marrow.

Take a pint of fine Paste, and roul it very thin, then take the Marrow all as whole out of the bones as you can, and cleave it into four quarters then take it and season it with a little Pepper, Salt, Sugar and Dates small minced, then lay one piece in your Paste, and make it up like a Pescod, so make half a dozen of them, and fry them in Clarified butter, scrape Sugar on, and serve them.

9. To make a Herring-pye.

Put great store of sliced Onions, with Currans and Raisins of the Sun, both above and under the Herrings, and store of Butter, put them into your Pye, and bake them.

10. To make Black-Puddings.

Take a quart of Sheeps-blood, and a quart of Cream, ten Eggs, the yolks and the whites beaten together, stir all this Liquor very well, then thicken it with grated bread, and Oatmeal finely beaten, of each a like quantity, Beef-suet finely shred, and Marrow in little lumps, season it with a little Nutmeg, Cloves, and Mace mingled with salt, a little sweet

sweet Marjoram, Thyme, and Penny-royal shred very well together, and mingle them with the other things, some put in a few Currans, then fill them with clarified Guts, and boyl them very carefully.

11. *To make a good Spanish Olio.*

Take a Rump of Beef, or some of a Brisket or Buttock, cut it to pieces; a Loyn of Mutton with the Fat taken off, and a fleshy piece of a Leg of Veal, or a Knuckle, a piece of Inter-larded Bacon, three or four Onions, or some Garlick, and if you will, a Capon or two, or else three great Tame-Pigeons. First, put into the water the Beef and Bacon, after a while the Mutton, Veal, and Onions, but not the Capons or Pigeons, only so long till they are boyled enough, if you have *Garavanza's* put them in at the first, after they have been soaked with Ashes all night in heat, wash them well in warm water, or if you have Cabbage, Roots, Leeks, or whole Onions, put them in time enough to be sufficiently boyled. You may at first put in some crusts of Bread, or Venison Pye-Crust, it must boyl in all five or six hours gently, like stewing: After it is well boyled, a quarter, or half an hour before you intend to take it, take out a porringer full of broth, and put to it some Pepper, and five or six Cloves, and a Nutmeg, and some saffron, and mingle them well in it, then put that into the Pot, and let it boyl, or stew with the rest a while, put in a bundle of sweet herbs, Salt must be put to it when it is scum'd.

12. *To stew Venison.*

If you have much Venison, and do make many cold baked Meats, you may stew a Dish in haste thus, When it is sliced out of your Pye, Pot, or Pasty, put it in your stewing-Dish, and set on a heap of coals, with a little Claret Wine, a sprigg or two of Rosemary, half a dozen Cloves, a little grated bread, Sugar and Vinegar, so let it stew together a while, then grate on Nutmeg, and Dish it up.

13. To

13. *To boyl a Leg of Veal and Bacon.*

Lard your Leg of Veal with Bacon all over, with a little Lemon peel amongst it, then boyl it with a piece of Middle-Bacon, when your Bacon is boyled, cut it in slices, season it with Pepper and dried Sage mixt together, Dish up your Veal with the Bacon round about it, send up with it, saucers of green sauce, strew over it Parsley and Barberries.

14. *To make Fumety.*

Take French-barley, and pick it, and wash it, lay it in steep one Night, then boyl it in two or 3 several waters, and so cover it as you would do Wheat to make it swell, then take a quart of good Cream, and boyl it with a Race of Ginger cut in 2 pieces, one blade of Mace, and half a Nutmeg all in one piece, then put thereto so much of the Barley as will thicken it, and when it is almost boyled, stir in 2 or 3 yolks of Eggs well beaten, and so strain'd with a few beaten Almonds and Flower, or five spoonfuls of Rosewater; then take out the whole spices and season your Fumety with salt, and sweeten it with sugar, and serve it.

15. *To make a Pig-Pye.*

Flea your Pig, and cut it into pieces, and season it with Pepper, Salt, Nutmeg, and large Mace, lay into your Coffin, good store of Raisins of the Sun, and Currans; and fill it up with sweet Butter, so close it, and serve it hot.

16. *To make a Neats-Foot-Pye.*

First boyl your Neats Foot, and take out the bones, then put in as much Beef-Suet as in quantity thereto, and so mince them, then season them with Cloves, Mace, Nutmeg, Sugar, and Salt, and put it into your Coffin with some Barberries, Currans, and Raisins of the Sun, then bake it and always serve it hot.

17. To

17. To make an Orangado Pye.

Make a handsome thin Gossin, and hot butter'd Paste, slice your Orangado, and put over the bottom of it, then then take some pippins, and cut every one into eight parts, and lay them in also upon the Orangado, then pour some syrup of Orangado, and sugar on the top, and so make it up, and bake it, and serve it up with sugar scraped on it.

18. To make a Pork-Pye.

Boyl your Leg of Pork, season it with Nutmeg, Pepper, and Salt, and bake it five hours in a round Pye.

19 To make a Fricassee of Veal.

Cut your Veal in thin slices, beat it well with a rowling-pin, season it with Nutmegs, Lemon, and Thyme, fry it slightly in the pan, then beat two Eggs, and one spoonful of verjuice, put it into the pan, stir it together, fry it, and dish it.

20. To make a Quince-Pye.

Take a Gallon of Flower, a pound and half of butter, six Eggs, thirty quinces, three pound of Sugar, half an ounce of Cinamon, half an ounce of Ginger, half an ounce of Cloves, and Rose-water; make them into a Tart, and being baked, strew on double refined sugar.

21. To make Gooseberry fool.

Pick your Gooseberries, and put them into clean water, and boyl them till they be all as thick that you cannot discern what it is, to the quantity of a quarr, take six Yolks of Eggs well beaten with Rose-water, before you put in your Eggs, season it well with sugar, then strain your Eggs, and let them boyl a while, put it in a broad dish, and let it stand till it is cold, and serve it.

22. To make a Tart of Green-Pease.

Boyl your Pease tender, and pour them out into a Cullender, season them with Saffron, Salt, sweet butter and Sugar, then close it, and let it bake almost an hour, then draw it forth and Ice it, put in a little

a little Verjuice, and shake it well, then scrape on sugar, and serve it.

23. To Souce an Eel.

Souce an Eel with a handful of Salt, split it down the back, take out the Chine-bone, season the Eel with Nutmeg, Pepper, Salt, and sweet Herbs minc'd; then lay a pack thread at each end, and the middle roul up like a Collar of Brawn, then boyl it in water, salt and vinegar, a blade or two of Mace, and half a slice of Lemon, boyl it half an hour, keep it in the same liquor two or three dayes, then cut it out in round pieces, and lay six or seven in a dish with Parsley and Barberries, and serve it with vinegar in saucers.

24. To make a Bacon tart.

Take a quarter of a pound of the best Jordan-Almonds, and put them in a little warm water to blanch them, then beat them together in a Mortar with three or four spoonfuls of Rose-water, then sweeten them with fine sugar; then take Bacon that is clear and white, and hold it upon the point of a Knife against the fire, till it hath dropt a sufficient quantity, then stir it well together, and put it into the paste, and bake it.

25. To make an Umble-pye.

Lay Beef-suet minc'd in the bottom of the pye, or slices of Inter-larded Bacon, and cut the Umbles as big as a small Dice, cut your Bacon in the same Form, and season it with Nutmeg, Pepper and Salt, fill your pyes with it, with slices of Bacon, and butter, close it up, and bake it; Liquor it with Claret, Butter, and stripped Thyme, and so serve it.

26. To keep Asparagus.

Parboyl your Asparagus very little, and put them into clarified Butter, cover them with it, and when the Butter is cold, cover them with Leather, and about a Moneth after refresh the Butter, melt it, and put it on them again; then set them under ground, being covered with Leather.

27. To

27. *To roast a Hanch of Venison.*

If your Venison be seasoned, you must water it, and stick it with short sprigs of Rosemary; let your sauce be Claret wine, a handful of grated Bread, Cinamon, Ginger, sugar, a little vinegar; boyl these up to thick, as it may only run like batter; it ought to be sharp and sweet: Dish up your Meat on your Sauce.

28. *To Carbonado Hens.*

Let your Sauce be a little White-wine and Gravy, half a dozen of the yolks of hard Eggs minced, boyled up with an Onion, add to it grated Nutmeg; chicken it up with the yolk of an Egg or two, with a ladle full of drawn butter; Dish up your Hens, and pour over your sauce, strew on yolks of Eggs minced, and garnish it with Lemon.

29. *To fry Artichokes.*

When they are boyled and sliced fitting for that purpose, you must have your yolks of Eggs beaten with a grated Nutmeg or two; when your pan is hot, you must dip them into the Yolks of Eggs, and charge your pan; when they are fryed on both sides, pour on drawn butter; And if you will fry Spanish Potato's, then the Sauce is, Butter, Vinegar, Sugar, and Rosewater; these for a need may serve for second Course Dishes.

30. *To make a Hedge-Hog-Pudding.*

Put some Raisins of the Sun into a deep wooden Dish, and then take some grated bread, and one pint of sweet Cream, three yolks of Eggs, with two of the whites, and some Beef-suet; grated Nutmeg and Salt, then sweeten it with Sugar, and temper all well together, and so lay it into the dish up on the Raisins, then tye a Cloath about the dish, and boyl it in Beef-broath, and when you take it up lay it in a pewter Dish, with the Raisins uppermost, and then stick blanched Almonds very thick into the pudding; then melt some Butter, and pour it upon the pudding, then strew some sugar about the dish, and serve it.

31. To

31. *To stew a Leg of Lamb.*

Cut it into pieces, and put it into your stewing-pan, being first seasoned with Salt and Nutmeg, and as much Butter will stew it, with Raisins of the Sun, Currans and Gooseberries; when it is stewed, make a Caudle with the Yolks of two or three Eggs, and some Wine-vinegar and sugar beaten together, and put it into your Meat, and stew all a little longer together; then dish it, strew sugar on the brims and serve it hot.

32. *To bake a Pickarel.*

Boyl your Pickarel, and pull out the ribs and bones, then put it into your Paste, and season it with pepper and salt, and put in some butter, and raisins of the Sun, and so bake it.

33. *To make a Haggess-Pudding.*

Take a fat Haggess, parboyl it well, take out the kernels, shred it small, and temper it with a handful or two of grated Manchet; then take three or four Eggs well beaten, Rose water, Sugar, Cloves, Nutmeg, Cinamon, and Mace finely beaten, currans and marrow good store; temper them altogether with a quantity of Cream, being first moderately seasoned with Salt.

34. *To make a dish of Meat with Herbs.*

Take Sives, Parsley, Thyme, Marjoram, and roast three or four Eggs hard, and a quantity of mutton-suet, beef or lamb, chop them fine altogether, and season it with Cloves, Mace, Ginger, sugar, and Cinamon, and a little salt, then fry them with a little sweet butter.

35. *To make Cream of Eggs.*

Take one quart of Cream, and boyl it, then beat four whites of eggs very well with two spoonfuls of Rose-water; when the Cream is boyled enough, take it off the fire, and when it is cool, stir in the eggs with a little salt, then garnish your dish with fine sugar scraped thereon, and serve it always cold for a closing dish.

36. To

36. To make a fine Pudding in a dish.

Take a penny white-loaf, and pare off all the crust, and slice it thin into a dish with a quart of Cream, and let it boyl over a Chafing-dish of coals, till the bread be almost dry, then put in a piece of sweet butter, and take it off, and let it stand in the dish till it be cold, then take the yolks of three Eggs, and the quantity of one with some Rose-water and Sugar, and stirring them all together, put it into another dish well butter'd, and bake it.

37. To boyl Scollops.

First boyl the Scollops, then take them out of the shells, and wash them, then slice them, and season them with Nutmeg, Ginger and Cinamon, and put them into the bottom of your shells again, with a little Butter, White-wine, Vinegar, and grated bread, let them be broyled on both sides; if they are sharp, they must have Sugar added to them, for the Fish is luscious, and sweet naturally; therefore you may broyl them with Oyster-Liquor and Gravy, with dissolved Anchovies, minced Onions and Thyme, with the juice of Lemon in it.

38. To boyl wild-Ducks.

First half Roast them, then take them off, and put them in a shallow broad pan that will contain them, with a pint of Claret-wine, and a pint of strong broth, a dozen of Onions cut in halves, a Faggot or two of sweet Herbs, with a little whole Pepper, and some slices of Bacon; cover your pan, and let them stowe up, add gravy to part of the Liquor, at least so much as will serve to Dish them: Garnish them with Bacon and Onions if you please.

39. To make a Venison-Pasty.

When you have powdered your Haunch of Venison or the sides of it, by taking away all the bones and sinews, and the skin or fat, season it with Pepper and Salt only, beat it with your Rolling-pin, and proportion it for the Pasty, by taking

away from one part, and adding to another, your paste being made with a peck of fine Flower, and about three pound of butter, and twelve Eggs, work it up with cold water into a stiff paste as you can, drive it forth for your pasty, let it be as thick as a Mans Thumb, roul it up upon a rouling-pin, and put under it a couple of sheets of Cap-Paper well flowered, then your white being already minced and beaten with water, proportion it upon the pasty to the breadth and length of the Venison, then lay your Venison in the said white, wash it round with your Feather, and put on a border, season your Venison on the top, and turn over your other leaf of paste, so close up your Pasty; then drive out another border for garnishing the sides up to the top of the pasty, so close it together by the rolling-pin, by rolling it up and down by the sides and ends, and when you have flourish'd your garnishing, and edg'd your pasty, vent it at the top, set it in the Oven, and let it have 4 or 5 hours baking at the least, and then draw it.

49. To make a Damson-tart.

Take Damsons, and seethe them in Wine, and strain them with a little Cream, then boyl your stuff over the fire till it be thick, and put thereto sugar, cinamon, and ginger, but set it not in the Oven after; but let your paste be baked before.

41. To roast a Rabbit with Oysters.

Wash your Rabber, and dry it well, then take half a pint of Oysters, wash them, and wipe them clean one by one, and put them into the Rabbers belly, a couple of Onions shred, whole Pepper, large Mace; two or three spriggs of Thyme, sow up the belly; and for the sauce, as usual, the liver and parslly; and a hard Egg, shred them together, and beat some butter thick; put into the dish, and serve it.

42. To stew Collops of Beef.

Take of the buttock of beef thin slices, cross the grain of the meat; then hack them, and fry them in sweet butter; and being fryed fine and brown, put them in a pipkin with some strong broth, a little Claret-wine, and some Nutmeg; stew it very tender, and half an hour before you dish it, put to it some good Gravy, Elder-vinegar, and a Clove or 2; when you serve it, put some juice of Orange, and three or four slices on it, stew down the Gravy somewhat thick, and put unto it when you dish it, some beaten butter.

43. To make a Beef-pasty like red Deer.

Take fresh Beef of the finest, without sinews or suet, and mince it as small as you can, and season it with Salt and Pepper, and put in two spoonfuls of Malmsey, then take Lard, and cut it into small pieces, and lay a layer of Lard, and a layer of Beef, and lay a skin of Beef upon it like Venison, and so close it up.

44. To bake a Hare.

Take the best of the Hare minced and seasoned with Pepper, Salt and Mace, then make a proportion of the head, or shoulders, as you make for an Hare-pasty, and lay in a layer of Flesh, and a layer of Lard, and butter aloft and beneath, and make a Gallentine for it in a Saucer.

45. To boyl a Salmon.

Take as much water as will cover it, then take Rosemary, Thyme and Winter-Savoury, and Salt, boyl all these very well, and then put in some Wine-Vinegar, and when your Salmon is boyled, let him remain in the same water always until you have occasion to eat of it.

46. To make an Oyster-pye.

First dry your Oysters, and then put them into your Coffin with some butter, and whole large Mace, and so bake it; then take off the Lid, and fill it up with more butter, putting some of the Liquor

quor of the Oysters also thereunto, then season it well with Sugar, and serve it hot to the Table at the first Course.

47. To butter Eggs upon toasts.

Take twenty Eggs, beat them in a dish with some Salt, and put butter to them, then have two large Rolls, or fine Manchets, cut them in Toasts, and toast them against the fire, with a pound of fine sweet butter, being finely butter'd in a fair clean Dish, put the Eggs on the Toasts, and Garnish your Dish with Pepper and Salt, otherwise half boyl them in the shells, then butter them, and serve them on Toasts, or Toasts about them.

48. To make a Fricassee of Chickens.

Scald three or four Chickens, and flea off the Skin and Feathers together, put them in a little water; take half a pint of White-wine, and two or three whole Onions, some large Mace and Nutmeg tied up in a cloath, a bundle of sweet herbs, and a little Salt, and put them all in a Pipkin close covered; let them simmer a quarter of an hour; then take six yolks of Eggs, half a pound of sweet butter, four Anchovies dissolved in a little broth; shred your boyled Spice small, take a quarter of a pound of Capers, and shred them very small, put the Anchovies dissolved into the Eggs and Butter, and Capers, and so stir it altogether, over a Chafing-dish of coals, till it begin to thicken, then take the Chickens out of the broth, and put leas upon them, serve them with sippers, and Lemon sliced.

49. To make an Eel-pye with Oysters.

Wash your Eels, and gut them, and dry them well in a cloath; to four good Eels allow a pint of Oysters, well washed, season them with Pepper, Salt and Nutmeg, and large Mace, put half a pound of butter into the Pye, and half a Lemon sliced, so bake it; when it is drawn, take the Yolks of two Eggs, a couple of Anchovies dissolved in a little White-wine, with a quarter of a pound of fresh but-

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Take of the buttock of beef thin slices, cross the grain of the meat; then hack them, and fry them in sweet butter; and being fryed fine and brown, put them in a pipkin with some strong broath, a little Claret-wine, and some Nutmeg; stew it very tender, and half an hour before you dish it, put to it some good Gravy, Elder-vinegar, and a Clove or 2; when you serve it, put some juice of Orange, and three or four slices on it, stew down the Gravy somewhat thick, and put unto it when you dish it, some beaten butter.

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49. *To make an Eel-pye with Oysters.*

Wash your Eels, and gut them, and dry them well in a cloath; to four good Eels allow a pint of Oysters well washed, season them with Pepper, Salt and Nutmeg, and large Mace, put half a pound of butter into the Pye, and half a Lemon sliced, so bake it; when it is drawn, take the Yolks of two Eggs, a couple of Anchovies dissolved in a little White-wine, with a quarter of a pound of fresh but-

butter, melt it, and mix it altogether, and make a lear of it, and put it into the pye.

50. *To make Puff-paste.*

Break two Eggs in three pints of Flower, make it with cold water, then roul it out pretty thick, and square; then take so much butter as paste, and divide your butter in five pieces, that you may lay it on at five several times, roul your paste very broad, and break one part of the same butter in little pieces all over your paste, then throw a handful of Flower slightly on, then fold up your paste, and beat it with a Rolling-pin, so roul it out again; thus do several times, and then make it up.

51. *To make Barley-broath.*

Put your Barley into fair water, give it three qualms over the fire, separate the waters, and put it into a Cullender, boyl it in a fourth water with a blade of Mace, and a Clove; and when it is boyled away, put in some Raisins and Currans, and when the Fruit is boyled enough, take it off, and season it with White-wine, Rose-water, Butter, and Sugar, and a couple of Yolks of Eggs beaten with it.

52. *To bake a Pig.*

Take a good quantity of Clay, and having moulded it, stick your Pig, and blood him well, and when he is warm, put him in your prepared Coffin of Clay, thick every where, with his Hair, Skin, and all (his Entrails drawn, and Belly sowed up again) then throw him into the Oven, or below the Stock-hole under the Furnace, and there let him soak, turn him now and then when the clay is hardened, for 12 hours, and he is then sufficiently baked, then take him, and break off the Clay, which easily parts, and he will have a fine crispy coat, and all the juice of the Pigg in your dish, remember but to put a few leaves of Sage, and a little Salt in his belly, and you need no other sauce.

53. *Agriand Sallet.*

Take a quarter of a pound of Raisins of the Sun, as many blanched Almonds, as many Capers, as many Olives, as much Samphire, as many pickled Cucumbers, a Lemon shred, some pickled French-beans, a wax Tree set in the middle of the Dish, pasted to the dish; lay all their quarters round the Dish, (you may also mince the Flesh of a Roasted Hen, with Surgeon and Shrimps) and garnish the dish with cut Beans and Turneps, in several Figures.

54. *To make a Sallet of a cold Hen or Pullet.*

Take a Hen and roast it, let it be cold, Carve up the Legs, take the Flesh and mince it small, shred a Lemon, a little Parsley and Onions, an Apple, a little Pepper and Salt, with Oyl and Vinegar, garnish the dish with the bones and Lemon-peel, and so serve it.

55. *To boyl a Capon, Pullet, or Chicken.*

Boyl them in good Mutton-broath, with Mace, a Faggot of sweet Herbs, Sage, Spinage, Marygold leaves and flowers, white or green Endive, Burage, Bugloss, Parsley and Sorrel, and serve it on sippers.

56. *To stew Ducks the French fashion.*

Take the Duck and half Roast it, put half a score of Onions in the belly whole, some whole pepper, a bundle of Thyme, and a little Salt, when it is half Roasted, take it up and slash it into pieces, put it between two dishes, and pierce the Gravy, mix some Claret-Wine with that Gravy, and a little sliced Nutmeg, a couple of Anchovies, wash them and slit them, slice the Onions in the Ducks belly, cover the Dishes close, so let them stew while enough, take some butter, beat it thick, and shred a Lemon in it, and serve it: Garnish your dish with the Lemon-peel, and your Onions.

57. *To make a Florentine.*

Take the Kidney of a Loin of Veal, or the Wing of a Capon, or the leg of a Rabbit; mince any of these

these small with the Kidney of a Loin of Mutton, if it be not fat enough, then season it with Cloves, Mace, Nutmegs and Sugar, Cream, Currans, Eggs, and Rosewater; mingle these four together, and put them into a dish between two sheets of paste, then close it, and cut the paste round by the brim of the dish; then cut it round about like Virginal keys, turn up one, and let the other lye, prick it, bake it, scrape on sugar, and serve it.

58. *To make Curd Cakes.*

Take a pint of Curds, four Eggs, take out 2 of the whites, put in some Sugar, a little Nutmeg, and a little Flower; stir them well together, and drop them in, and fry them with a little butter.

59. *To roast a Leg of Mutton the French way.*

Take half a pound of Mutton, and a quarter of a pound of Suet, season it with sweet Herbs; and a little Nutmeg, and two or three shallots; slice these very small, and stuff the Mutton round; then take some of the best Hackney Turneps, and boyl them in Beef-broath very tender, then squeeze the water from them a little, set them in the dish under the Leg of Mutton, when it is half roasted, and so let the gravy drop into them; and when the Meat is roasted, serve them in the dish with it, with a little fresh Butter and Vinegar: Garnish your dish with sliced Onions and Parsley, and some of the Turnep slic'd.

60. *To stew a Carp.*

Take a living Carp, and knock him on the head, open him in the belly, take heed you break not the gall, pour in a little Vinegar, and wash out all the blood, stir it about with your hand, and keep the blood safe; then put as much White-wine into a pan or skillet, as will almost cover, and set it on the fire; put to it an Onion cut in the middle, a Clove or less of Garlick, a Race of Ginger shred, a Nutmeg quartered, a Faggot, or bundle of sweet herbs, and three or four Anchovies; your Carp being cut

out, and rubbed all over with salt, when the Wine (into which you may put in a little water) doth boyl, put the Carp in, and cover him close, and let him stew up about a quarter of an hour, then put in the blood and Vinegar, with a little Butter, so dish up the Carp, and let the Spawn, Milt and Rever be laid upon it; the Liquor that boyled him, with the butter is the best sauce, and is to be eaten as broth: Garnish the dish with Lemons and grated bread.

61. *To make Marrow-Puddings.*

Take a pound of the best Jordan-Almonds, blanch them, beat them fine in a stone or wooden Mortar (not in brass) with a little Rose-water, take a pound of fine powder-sugar, a penny-loaf grated, Nutmeg grated, a pint of Cream, the Marrow of 2 Marrow-bones, 2 grains of Amber-greece, mingle them all together with a little salt, fill the skins, and boyl them gently as before.

62. *To make a Sack-Poffet.*

Set a Gallon of Milk on the Fire, with whole Cinnamon and large Mace, when it boyls stir in a half, or whole pound of Naples-bisket grated very small, keeping it stirring till it boyls, then beat eight Eggs together, casting off the whites away; beat them well with a Ladle-ful of Milk, then take the Milk off the fire, and stir in the Eggs; then put it on again, but keep it stirring for fear of curdling; then make ready a pint of Sack, warming it upon the coals, with a little Rose-water, season your Milk with sugar, and pour it into the Sack in a large bason, and stir it apace, then throw on a good deal of beaten Cinnamon, and so serve it up.

63. *To hash a Rabbit.*

When your Rabbit is wash'd you must take the Flesh from the bones, and mince it small, then put to it a little strong broth and Vinegar, an Onion or two, with a grated Nutmeg, and let it stew up together, then mince a handful of boyled parsley-green

green, with a Lemon cut like Dice, and a few Barberries, put it into the Hash, and toast it altogether, and when it is enough, put a ladle full of sweet butter to it, and dish it upon the Chines, and garnish it with Lemons.

64. *To make a Fresh Cheese.*

Take some New Milk, or Cream, and a Race of Cinamon, scald it, then take it off the fire, sweeten it with fine Sugar, then take a Spoonful of Runner to two quarts of Milk, set it by, and keep it close covered, and so let it stand, when the Cheese comes, strew a little fine Sugar, and grated Nutmeg, and serve it in with sippets, sops in Sack, or Muscadine.

65. *To make an Artichoke-Pye.*

Take the bottoms of six Artichokes, boyled very tender, put them in a dish and some Vinegar over them, season them with Ginger and Sugar, a little Mace whole, and put them in a coffin of paste, when you lay them in, lay some Marrow and Dates sliced, and a few Raisins of the Sun in the bottom, with good store of butter, when it is half baked, take a Gill of Sack being boyled first with sugar, and a peel of Orange. Put it into the Pye, and set it in the Oven again till you use it.

66. *To make Marrow-Pasties.*

Shred the Marrow and Apples together, and put a little sugar to them, put them into puff-paste, and fry them in a pan with fresh butter, and serve them up to the Table, with a little white sugar, strewed on it.

67. *To make green Sauce.*

Take a good handful of Sorrel, beat it in a Mortar with pippins pared and quartered, with a little Vinegar and Sugar: put it into saucers.

Or take Sorrel, beat it, and stamp it well in a Mortar, squeeze out the juice of it, and put there to a little Vinegar, Sugar, and two hard Eggs minced small, a little Nutmeg grated, and Butter, set
this

this upon the coals till it is hot, and pour it into the dish on the sippets: This is sauce for Hen, and Veal and Bacon.

78. *To pickle Oysters.*

Take a quart of the largest great Oysters with the Liquor, wash them clean and wipe them, add to them a pint of fair water, and half a pint of White-wine Vinegar, half an ounce of whole Pepper, an handful of Salt, a quarter of an Ounce of large Mace, with the Liquor of the Oysters strained; put all together in a pipkin over a soft fire, let them simmer together a quarter of an hour; when the Oysters are enough, take them up, and put them up into a little fair water and Vinegar till they be cold, the pickle boyling a quarter of an hour after the Oysters are taken up; both being co'd, put them up together, When you use them, garnish the dish with Barberries and Lemons, and a little Mace and Pepper, and pour in some of the pickle.

69. *To make Scotch Collops of Veal.*

Cut out your Fillet into very broad slices, fat and lean, not too thick: Take eight Eggs, beat them very well with a little Salt, grate a whole Nutmeg, take a handful of Thyme, and strip it, then take a pound of Sausages, half a pint of stewing Oysters of the largest, wash and cleanse them from the Gravel, then half fry your Veal with sweet butter, then put in your Sausages and Oysters, then take a quarter of a pound of Capers, shred them very small, with three Anchovies dissolved in White-wine and fair water, so put in your Eggs, shred Capers and Anchovies, Butter and Spice, and mingle them, and strew them in the pan upon the Veal and Oysters, serve it with sippets, with a little fresh Butter and Vinegar, with Lemons sliced, and Barberries, with a little Salt. You must have a care to keep the meat stirring, lest the Eggs curdle with the heat of the fire.

70. To make a rare White-pot.

Take three pints of Cream, whole Cinamon, a little sliced Nutmeg, set on the Cream and Spice, and scald it, take a penny-loaf, and slice it very thin, take a couple of Marrow-bones, lay the Marrow sliced on the bottom of the dish, upon the Marrow lay the Bread, then lay Raisins of the Sun over the Bread, and lay Marrow again as before : To the three pints of scalded Cream, add nine yolks of Eggs well beaten with Rose-water, sweeten the Cream with white Sugar, and take out the whole Cinamon, and beat the Cream, and Eggs well, fill up a broad shallow bason and bake it, when it is enough scrape fine sugar on it, and stick it with red and white Muscadoes, and so serve it.

71. To make a very fine Custard.

Take a quart of Cream, and boyl it with whole Spice, then beat the Yolks of ten Eggs, and five whites, mingle them with a little Cream, and when your Cream is almost cold, put your Eggs into it, and stir them very well, then sweeten it, and put our your Custard into a deep dish, and bake it, then serve it in with french Corns strewed on it.

72. To make Minc'd Pyes of an Eel.

Take a fresh Eel, flae it, and cut off the Fish from the bones, mince it small, then pare two or three Wardens, or Pears, mince of them as much as of the Eel, temper them together, and season them with Ginger, Pepper, Cloves, Mace, Salt, a little Sanders, some Currans, Raisins, Pruans, Dates, Verjuice, Butter and Rose-water.

73. To bake Rabbits to be eaten cold.

When your Rabbits are parboyled, take out all the bones you can well take out, and lard them, then season them with Pepper, Salt, Cloves, Mace and Nutmegs, with a good quantity of Savoury, and forc'd Meat; then put them into your prepared coffin, put in butter, and close your Pye, bake it, and when it is cold fill it with clarified Butter.

74. To

75. To bake a Jolt of Ling in a Pye.

Let your Ling be almost boyled, and then season it with Pepper only (the skin being first taken off) strew the bottom of your prepared coffin with an Onion or two minced small; close your Pye, and bake it; then take the Yolks and Whites of about a dozen Eggs, not boyled altogether hard, mince them small with your Knife, and put them into drawn Butrer, toss them together, then draw your Pye, and pour in this Lear of Eggs all over, and shake it together, so put on your Lid, and Dish your Pye.

75. To bake a Turkey.

Boyl and Lard your Turkey, when it is par-boyled, season it with Pepper, Salt, and a little Cloves and Mace; then put him into your prepared Coffin, lay on butter and close it: put the Head on the top with your garnish, then bake it, and fill it with Clarified Butter when it is cold.

76. To Roast Calves Feet.

First boyl them tender, and blanch them, and being cold, Lard them thick with small Lard, then spit them on a small spit, and Roast them; serve them with sauce made of Vinegar, Cinamon, Sugar and Butter.

77. To bake a Goose.

Break the bones of your Goose; and parboyl him, then season him with Pepper and Salt, and a little Cloves and Mace, if you please, you may bake a Rabbit or two with it, because your stubble-Geese are very fat, and your Rabbits dry, you need not lard either, bake it in good hot butter paste.

78. To make Apple-Pyes to fry.

Take about twelve Pippins, pare them, cut them, and almost cover them with water, and almost a pound of sugar, let them boyl on a Gentle Fire close covered, with a stick of Cinamon, minced Orange-peel, a little Dill seed beaten, and Rose-water, when this is cold and stiff, make them into little

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little Pasties with rich Paste, and so fry them.

79. *To make a Rare Dutch Pudding.*

Take a pound and a half of Fresh Beef, all lean, with a pound and a quarter of Beef-Suet, both sliced very small, then take a stale half-penny loaf and grate it, a handful of Sage, a little Winter-savoury, and a little Thyme, shred all these very small, take four eggs, half a pint of Cream, a few Cloves, Nutmegs, Mace, and Pepper finely beaten; mingle them all together very well with a little Salt, roul it all up together in a green Colwort-Leaf, and then rye it up hard in a Linnen Cloath; Garnish your Dish with grated bread, and serve it up with Mustard in saucers.

80. *To make Sausages.*

Take Pork, more clean than fat, mince it exceeding small together, then take part of the Fleak of Pork, which is the suet, in pieces about the bigness of the top of your finger, season each a part with Sage minced, good store of Pepper, and salt, with some Cloves and Mace mixt in the seasoning each of them, then take small sheeps-guts, and cleanse them, (some use Capons-guts) and fill them with your Funnel, always putting some of the fleak between the minced, if you have it ready, you may sprinkle a little sack on the top of the sausage-meat, and it will make it fill the better.

81. *To Stew Beef in Gobbets, the French Fashion.*

Take a Flank of Beef, or any part but the Leg, cut it into slices, or Gobbets as big as Pullers Eggs, with some Gobbets of fat, and boyl it into a pot or pipkin with some fair spring water, scum it clean, and after it hath boyled an hour, put to it Carrots, Parsnips, Turnips, great Onions, some Salt, Cloves, Mace, and whole Pepper; cover it close, and stew it till it be very tender; and half an hour before its ready put into it some pick'd Thyme, Parsley, Winter-savoury, sweet Marjoram, Sorrel and Spinage, (being a little bruised with the back of a Ladle)

dle) with some Claret-wine: Then dish it on fine sippets, and serve it to the Table hot; Garnish it with Grapes, Barberries or Gooseberries: Or else use Spices, the bottoms of boyled Artichokes put into beaten Butter, and grated Nutmeg, garnished with Barberries.

82. *To boyl a Capon, or Chicken with Sugar-Peafe.*

When the Cods be but young, string them, and pick off the Husks, then take two or three handfuls and put them into a Pipkin, with half a pound of sweet butter, a quarter of a pint of fair water, gross Pepper, Salt, Mace, and some Sallet Oyl; stew them till they be very tender, and strain to them three or four Yolks of Eggs, with six spoonfuls of Sack.

83. *To boyl Perches.*

Let your Liquor boyl, and your pan be seasoned with a little White-wine, a couple of Onions cut in halves, a bunch of sweet Herbs, and a little white Pepper; boyl them up very quick, and flea them on both sides, and dish them upon sippets, Then take a little White-wine, Gravy and Vinegar, with a grated Nutmeg, and almost boyl it over a Chafing dish, then pour sweet butter over it; Garnish it with Barberries and sliced Lemons.

84. *To boyl Eels.*

Cut the Eels and stew them; when they are half done, beat a little Ale with Vinegar and put into the Liquor with some Parsley and sweet Herbs; Dish them and serve them up in their Broath with a little salt.

85. *A Turkish Dish of Meat.*

Take an inter-larded piece of Beef, cut it into thin slices, and put it into a pot with a close cover, or stewing pan; then put into it a good quantity of clean pick'd Rice, skin it very well, and put into it a quantity of whole pepper, 2 or 3 whole Onions, and let it boyl very well, and take out the Onions, and dish it on sippets; the thicker it is the better.

86. To boyl a Chine of Beef powdered.

Take either a Chine, Rump, Surloin, Brisket, Rib, Flank, Buttock, or Fillet of Beef, and give them in Summer a weeks powdering, in Winter a Fortnight, you may stuff them, or let them be plain; if you stuff them do it with all manner of sweet Herbs with fat Beef minced, and some Nutmeg; serve them on brewis, with Roots, or Cabbage boyled in Milk, with beaten butter.

87. To make a Hash of a Capon or Pullet.

Take a Capon, or Partridge, or Hen, and Roast them, and being cold, mince the brains and wings very fine, and tear the Legs and Rumps whole, to be Carbonaded; then put some strong Mutton-broath, or good Gravy, grated Nutmeg, a great Onion and Salt, then stew them in a large Earthen Pipkin, or sauce-pan, stew the Rumps and Legs in the same strong broth in another pipkin; then take some light French Bread chipt, and cover the bottom of the dish, steep the bread in the same broth, or good mutton Gravy, then pour the Hash on the steeped bread, lay the Legs and the Rump on the Hash with some fryed oysters, sliced Lemon and lemon peel, the juice of an Orange, and yolks of eggs strained, and beaten butter, Garnish the dish with carved oranges, Lemons, &c. Thus you may hash any kind of fowl.

88. To dress a Cods head.

Cut off the Cods-Head beyond the Gills, that you may have part of the body with it, boyl it in water and salt, to which you may add half a pint of Vinegar, the Head must be little more than covered; before you put it into the Cauldron, take a quart of the biggest clearest Oysters, and a bunch of sweet Herbs and Onions, and put them into the mouth of the Head, and with a pack thread bind the Jaws fast; you must be sure to pick it, and wash it very clean: When it is boyled enough, take it up, and set it a drying over a Chafing-dish of Coals, then

then take the oyster Liquor, four Anchovies, and a sliced Onion, put to them a quarter of a pint of White-wine and sweet-butter, and melt them together, and pour it on the Cods-head; stick all, or most of the oysters upon the Head, or where they will enter, and garnish it over with them; grate on a little Nutmeg, and send it smoking up; Garnish the brims of the dish with Lemon, and sliced Bay-leaves.

89. To boyl Widgeons or Teal.

Parboyl your Widgeons or Teal, and then stick whole Cloves in their breasts, put into their bellies a little Winter-savory or parslly; boyl them in a pipkin by themselves, thicken it with Toasts, season it with Verjuice, Sugar, and a little Pepper; Garnish your Dish with Barberries and Prunns, and so serve them.

90. To make a Veal-Pye.

When your Paste is raised; then cut your Leg of Veal into pieces, and season it with Pepper, Nutmeg and salt, with some whole large Mace, and so lay it in your prepared Coffin, with good store of Raisins of the Sun, and Currans, and fill it up with sweet butter, then close it, and set it in the Oven, and when bak'd, serve it hot.

91. To make a fry'd Pudding.

Take grated bread, Currans, Cloves and Mace, with Beef suet and sugar, and one yolk of an Egg beaten, mix all well together, and make them into flat bowls, then fry them in Beef-suet, and Garnish your dish with Sugar, serve them always at the first Course.

92. To bake a breast of Veal.

First parboyl it, and take out the long bones, and so lay it in a Dish in Vinegar two or three hours, then take it out, and season it with Pepper and salt, and so lay it into a thin fine paste, with good store of fine sweet herbs finely chopt, and good store of Butter or Marrow; then bake it, then put in some

juice of Oranges and serve it hot.

93. *To make a Paste for all manner of Tarts.*

Take very sweet butter, and put into fair water and make it boyl on the fire; then take the finest flower you can get, and mix them well together, till it come to a paste, and so raise it; but if you doubt that it will not be stiff enough, then you may mix some yolks of Eggs with it, as you temper all your stuff together.

94. *To make a baked Pudding.*

Grate a penny-loaf, and put thereto more suet, then bread minc'd small, with some Nutmeg and Sugar, and two yolks of Eggs, tempering it only with Rose-water; Then Butter a little pewter Dish in the bottom, and put your stuff after it is well tempered thereinto, then bake it, when 'tis baked, stir it up from the bottom of the Dish, and so turn the underside uppermost, then strew some Sugar, upon it, and upon the brims of the Dish, and serve it first to the Table.

95. *To boyl Sparrows, Larks, or other small Birds.*

Take a Ladle full of strong Mutton-broath, a little whole Mace, and a handful of parsley, put in a little Winter-savoury, season it with Verjuice, Sugar, and a little Pepper, thicken it with a spoonful of Cream, and the yolk of an egg.

96. *To boyl a Capon with Asparagus.*

Boyl your Capon or Chicken in fair water, and some salt, then put in their bellies a little Mace, chopped parsley, and sweet butter; being boyled serve them on sippets, and put a little of the broath on them; Then have a bundle or two of Asparagus boyled, put in beaten butter, and serve it on your Capon or Chicken.

97. *To boyl a Chicken or Capon in white Broath.*

First boyl the Capon in water and salt, then 3 pints of strong broath, and a quart of White-wine, and stew it in a pipkin with a quarter of a pound of

of Dates, half a pound of fine Sugar, four or five blades of large Mace, the Marrow of three Marrow-bones, a handful of white Endive, stew these in a pipkin very leasurely, that it may but only simmer, then being finely stewed, and the broath well tasted, strain the yolks of ten Eggs, with some of the broath; before you dish up the Capons or Chickens, put the Eggs into the broath, and keep it stirring, that it may not curdle, give it a Walm, and set it from the fire; the Fowls being dish'd up, put on the broath, and Garnish the Meat with Dates, Marrow, large Mace, Endive, preserved Barberries, Oranges, boyled Skirrets, Pomegranats, and Kernels. Make a Lear of Almond-paste, and Grape verjuice.

98. *To boyl a Capon with Sage and Parsley.*

First boyl it in water and Salt, then boyl some Parsly, Sage, two or three Eggs hard and chop them; then have a few thin slices of fine Manchet, and stew all together, but break not the slices of bread; stew them with some of the broath wherein the Capon boyls, some large Mace, Butter, a little White-wine, or vinegar, with a few Barberries or Grapes; dish up the Chickens on the sauce, and run them over wth sweet Butter, and Lemon cut like Dice, the peel being cut like small Lard, and boyl a little peel with the Chickens.

99. *To fry Rabbits with sweet Sauce.*

Cut your Rabbit in pieces, wash it, and dry it well in a Cloath, take some fresh butter, and fry the Rabbit in it, when your Rabbit is little more then half fryed, take some slices shred very small, a quarter of a pint of Cream, the yolks of a couple of eggs, some grated Nutmeg and salt, when the Rabbit is enough, put them into the pan, and stir them altogether; take a little vinegar, fresh butter and sugar, melt it together, and so serve it with sippets, the dish garnished with Flowers, &c.

100. *To make a French Pottage called Skink.*

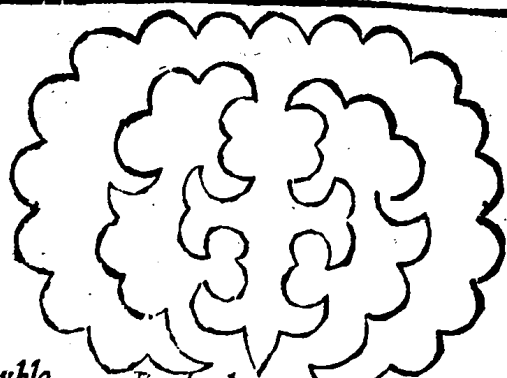
Take a leg of Beef, and chop it into three pieces, then boyl it in a pot with three pottles of Spring-water, a few Cloves, Mace, and whole pepper; after the pot is scumm'd put in a bundle of sweet Marjoram, Rosemary, Thyme, Winter-savoury, Sage and Parsley, bound up hard, some Salt, and two or three great Onions whole, then about an hour before dinner put in three Marrow-bones, and thicken it with some strained Oatmeal, or manchet sliced and steeped with some Gravy, strong broath, or some of the pottage; then a little before you dish up the Skink, put into it a little fine powder of Saffron, and give it a walm or two; Dish it on large slices of *French Bread*, and Dish the marrow-bones on them in a fine clean large dish, then have two or three manchets cut into Toasts, and being finely Toasted, lay on the Knuckle of Beef in the middle of the Dish, the Marrow bones round about it, and the Toasts round about the dish brim; serve it hot.

101. *To make Gooseberry Cream.*

First boyl, or you may preserve your Gooseberries; then having a clear cream boyled up, and seasoned with old Cinamon, Nutmeg, Mace, Sugar, Rose water and Eggs, dish it up, and when it is cold, take up the Gooseberries with a pin, and stick them on in rounds as thick as they can lye upon the said cream, Garnishing your dish with them, and strew them over with the finest Sugar, and serve them up.

102. *To make a Quaking Pudding.*

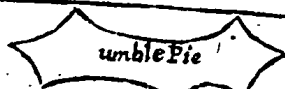
Take a quart of sweet Cream, and near half a pound of Almonds blanched, and finely beaten, then strain them, and boyl it with large mace, and season it with Rose-water and Sugar; then take ten Eggs, and five of their whites well beaten with small Cinamon, and two or three spoonfuk of flower, mix all well together, and make it of the thickness.



Double

Border

Custard



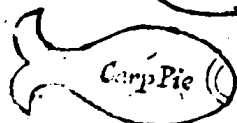
unble Pie



Surgeon Pie



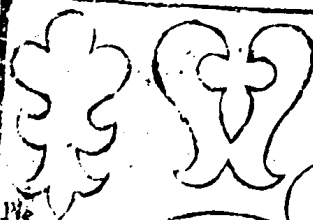
Custard



Carp Pie



Custard

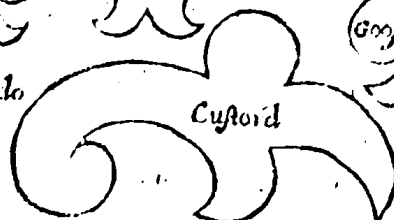


Pie
Orangeado

Oyster Pie

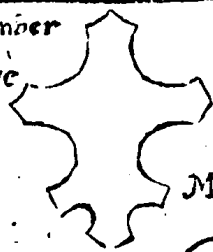


Gooseberry Tart

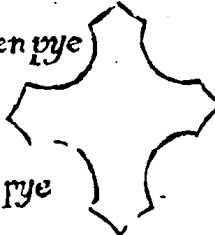


Custard

Lumber
pye



Chicken pye



Minced pye



Tongue

Pie

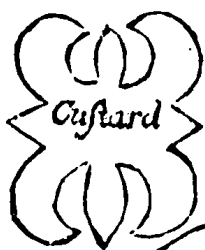


Lumber pye

Minced pye



Minced pye



Custard



Preserved Tart



Custard

ness of Batter, then wet a cloath, and rub it with Flower, tying your Pudding round therein, and boyl it in Beef-broath two hours; take it up, and put a little White-wine, Sugar, and sliced Nutmeg into a Pewter-dish, and put your pudding into it; then scrape some Sugar on the brims and serve it.

103. To make Clouted Cream.

Take new Milk and let it on the fire from Morning till Evening, but let it not boyl; And this is called my Lady Youngs Clouted Cream.

104. To Souce a young Pig.

Scald a young Pig, boyl it in a fair water and white-wine, put thereto some Bay-leaves, whole Ginger and Nutmegs quartered, and a few whole Cloves, boyl it thoroughly, and let it lye in the same broath in an Earthen pot:

105. To make Polonian Sausages.

Take the Fillers of a Hog, chop them very small with a handful of red Sage, season it hot with Ginger and Pepper; then put it into a great Sheeps gut, let it lye three nights in Brine, then boyl it, and hang it up in a Chimney where Fire is usually kept; These Sausages will keep a whole Year, and are good for Sallers. or to garnish boyled Meats, or to relish a Glas of Wine.

106. To keep Salmon fresh a whole Month.

First boyl your Salmon as usually, then put it into an earthen pot, and cover it in good White Vinegar, putting thereto a branch of Rosemary, and keep it very close covered, and so you may keep it, that it will retain its perfect taste and delicacy for a Moneth or more.

107. To make tender and delicate brawn.

Put a Collar of Brawn in a Kettle of water, and set it into an Oven, as for Household-bread, cover it close, and let it stand as long as you would do bread, and it will be very excellent Brawn.

108. *To keep powdered Beef after it is boyled, sweet five or six Weeks.*

When your Beef hath been powdered about a fortnight, then boyl it well, and dry it with a cloath and wrap it in dry cloaths, and put it into some pot or vessel, and keep it close from the air, and it will keep sound two or three Months.

109 *To dress Neats-tongues and Udders.*

When they are boyled enough in Beef-broath, and scamm'd, you must have your Turneps ready boyled, cut in pieces, and soak'd in butter, or else Colliflowers and Carrots, or all of them; then put the Turneps all over the bottom of a large Dish, then slice out the Tongues, and lay the sides one against another, slice the Udders, and lay them between, opposite to one another; Garnish the Colliflowers all over them, and the Carrots up and down between the Colliflowers, with Barberries and Parsly on the brim of the dish.

110. *To make Pannado.*

Take a quart of Running-water, and put it on the Fire in a Skillet, then cut a little Roul of bread in slices, about the bigness of a groat, and as thin as Wafers, lay it on a dish on a few Coals, then put it into the water, with two handfuls of Currans pick'd and wash'd, a little large Mace, when it is enough season it with Sugar and Rose-water.

111. *To make Liver Puddings.*

Take the Guts of a young Hog, wash them very clean, and lay them two or three dayes in water, take the Liver of the same Hog and boyl it till it will grate, then grate it very small and fine, take to the weight of the Liver almost the weight of Beef-suet, season it with Salt, Cloves, Mace and Nutmeg finely beaten, a penny loaf grated, a pound of the best white Sugar, two pound of good Currans, a pint of good Cream, a quarter of a pint of Rose-water, three Eggs, mix all together to such a thickness, that you may fill the Guts, then prick them, and

and put them into boyling water, and keep an even Fire for half a quarter of an hour; then take them up, and lay them upon straw, you must have a care not to tye them too hard, nor too slack, lest they break in boyling.

112. *To make a rare Citron-Pudding.*

Take a penny loaf and grate it, a pint and half of Cream, half a dozen of Eggs; one Nutmeg sliced, a little salt, an Ounce of Candyed Citron sliced small, a little Candied Orange-peel sliced, three Ounces of Sugar, put these into a wooden dish well flowered, and cover it with a Cloath, and when the water boyleth put it in, boyl it well, and serve it up with Rose-water and Sugar, and stick it with Wafers or blanched Almonds.

113. *To bake a Gammon of Bacon.*

Wash it fresh enough, and seeth it as tender as you may to handle it, then pull off the skin and stuff it with Parsley, Penny-royal, Thyme, Marjoram, Marygolds, Camomile and Sage, chop them small, and season them with Salt and Pepper, Cloves, small Raisins, yolks of Eggs hard roasted, then stuff your Bacon, and cut off the lean of the Bacon; and mince it small, and take a handful of your stuffing, and mingle it with three or four yolks of raw Eggs, and then put it upon the gammon, then close on the skin again, and close it in paste.

114. *To boyl woodcocks or Snites.*

Boyl them either in strong broath, or in water and salt, and being boyled, take out the Guts, and chop them small with the Liver, put to it some Crumbs of grated White-bread, a little Cock-broath, and some large Mace, stew them together with some Gravy, then dissolve the Yolks of two Eggs in some Wine-Vinegar, and a little grated Nutmeg, and when you are ready to dish it, put in the Eggs, and stir it among the Sauce with a little butter, dish them on sippets, and run the Sauce over them with some beaten butter and capers, a Lemon minced

ced small; Barberries, or whole pickled Grapes.

115. *To make a made dish of Apples.*

Put on your Skillet of water with some Currans a boyling, then pare about a dozen of Pippins, and cut them from the core into the said water, when they are boyled tender pour them into a Cullender, when the water is drained from them, put them into a Dish, and season them, (but stay till they are cold, least it melt your Sugar) with Sugar, Rose-water, Cinamon, and Caraway-seeds, then roul out two sheers of paste, put one into the dish bottom, and all over the brims, then lay the Apples in the bottom round and high, wet it round, and cover it with the other sheer, close it, and carve it about the brims of the dish as you please, prick it, and bake it, scrape Sugar upon it, and serve it up.

116. *To make a Fool.*

Set two quartsof Cream over the Fire let it boyl, then take the Yolks of twelve Eggs, and beat them very well, with three or four spoonfuls of cold Cream, and then strain the Eggs in the Skillet of hot cream, stirring it a'l the time to keep it from burning, then set it on the fire, and let it boyl a little while, but keep it still stirring for fear of burning, then take it off, and let it stand and cool, then take two or three spoonfuls of Sack, and put it in the Dish with four or five sippets, set the dish and Sippets a drying, and when they be dry that they hang to the dish, sweeten the Cream, and pour it into the dish softly, because the sippets shall not rise up; this will make three dishes: When it is cold it is fit to be eaten.

117. *To boyl Flounders or Jacks the best way.*

Take a pint of white-wine, the Tops of young Thyme and Rosemary, a little whole Mace, a little whole pepper, seasoned with Verjuice, Salt, and a piece of sweet butter, and so serve it; you may do fish in the same Liquor three or four times.

118. *To*

118. *To boyl a Haunch of Venison.*

First stuff your Venison with a handful of sweet Herbs, and parsley minced with a little Beef suet, and yolks of Eggs boyled hard; season your stuffing and pepper; nutmeg, ginger and Salt; put your Haunch of Venison a boyling, being powdered before; then boyl up three or four Colliflowers in strong broath, and a little Milk; when they are boyled, put them forth into a pipkin, add to them drawn butter, and keep them warm by the Fire; then boyl up two or three handfuls of Spinage in the same Liquor, when it is boyl'd up, pour out part of the broath and put in a little Vinegar, and a Ladleful of sweet butter, and a grated Nutmeg, your dish being ready with sippets in the bottom, put on the Spinage round toward your Dish side: then take up the Venison, being boyled, and put it into the middle of your dish, and put in your Colliflowers all over it, pour on your sweet butter, over your Colliflowers, and garnish it with Barberries, and the brims of the Dish with green Parsley minced, Cabbage is as good, doze in the same manner as Colliflowers.

119. *To make an Eel-Pye.*

Wash, flea, and cut your Eels in pieces, put to them a handful of sweet Herbs, parsley minced with an onion, season them with Pepper, Salt, Cloves; Mace and Nutmeg, and having your Coffin made of good paste, put them in, and strew over them two handfuls of Currans, and a Lemon cut in slices, then put on butter and close the pye, when it is baked, put in at the Funnel a little sweet butter, White-wine and Vinegar, beaten up with a couple of yolks of Eggs.

120. *To bake Steaks the French way.*

Season the Steaks with Pepper, Nutmeg; and Salt lightly, and set them by; then take a piece of the leanest of the Leg of Mutton, and mince it small with some Beef-suet, and a few sweet Herbs,

as Tops of Thyme, and Penny-royal, grated bread, yolks of Eggs, sweet Cream, Raisins of the Sun, &c. Work all these together, and work it into little balls, or puddings, put them in a deep round Pye on the steaks; then put to them some butter, and sprinkle it with Verjuice, close it up, and bake it, when it is enough cut it up, and liquor it with the juice of two or three Oranges or Lemons.

121. To make a Warden or Pear-pye.

Bake your Wardens or Pears in an Oven with a little water, and a good quantity of Sugar, let your pot be covered with a piece of dough ; let them not be fully baked by a quarter of an hour : when they are cold, make a high Coffin, and put them in whole, adding to them some Cloves, whole Cinnamon, Sugar, with some of the Liquor in the pot, so bake it.

122- To Sew a Trout.

Take a large Trout fair trim'd, and wash it, put it into a deep Pewter Dish ; then take a half a pint of sweet Wine, with a lump of butter, and a little whole Mace, Parsley, Savoury and Thyme ; mince them all small, and put them into the belly of the Trout, and so let it stew a quarter of an hour, then mince the yolk of an hard Egg, and stew it on the Trout, lay the Herbs about it, scrape on Sugar, and serve it up.

123. *To make Sauce for Pidgeons.*

Melt some Vinegar and Butter together, and roast some Parsley in the belly of the Fowl; or else Vine-leaves and mix it well together, and pour it on.

124. *A general Sauce for Wild-fowl.*

The most general Sauce for Wild Fowl roasted; as Ducks, Mallard, Widgeon, Teal, Snipe, Sheldrake, Plovers, Puets, and the like, is only Mustard and Vinegar, or Mustard and Verjuice mixed together, or else and Onion, Water and Pepper.

125. To Roast a Cows Udder.

Boyl your Udder very well, then stick it thick all over with Cloves, and when it is cold spit it, and lay it to the fire, and baste it very well with sweet butter, and when it is sufficiently Roasted and brown, and draw it in the Fire, and put some vinegar and butter on a Chafing dish of Coals, and crumb in some white-bread, and boyl it till it be thick, then put to it good store of sugar and Cinnamon, and putting it into a clean dish, lay the Cows Udder therein, and trim the sides of the dish with sugar and so serve it.

126. To make a Spinage-Tart.

Take of good Spinage, and boyl it in White-wine till it be very soft as Pap; then take it and strain it all in a pewter dish, not leaving any unstrained: Put to it rose-water, good store of sugar, Cinnamon, and rose-water, and boyl it till it be as thick as Marmalade, then let it cool, and afterwards fill your Coffin and adorn it, and serve it, it will be of a green Colour.

127. To make a Tart of Rice.

Pick your Rice very clean, and boyl it in sweet Cream till it be very soft, then let it stand and cool; put to it good store of cinnamon and sugar; and the yolks of a couple of Eggs, and some currans; stir and beat all well together: Then having made a Coffin as for other Tarts, put your Rice therein and spread it all over the coffin, and break many small bits of sweetbutter upon it all over, and scrape some Sugar over it, then cover the Tart and bake it, and serve it as other Tarts.

128. *To make a Codling-Tart.*

Take green Apples from the Tree, and coddle them in scalding water, without breaking, then peel the thin skin from them, and so divide them into halves, and cut out the cores, and so lay them into the coffin, and do as in a Pippin-Tart, and before you cover it when the Sugar is cast in sprinkle good
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store of Rose-water on it, then close it, and do as in the Pippin-Tarts.

129. *To make a Pippin-tart.*

Take of the fairest Pippins, and pare them, and then divide them just in halves, and take out the cores clean; then roul the coffin flat, and raise of a small verge of an inch or more high; lay the Pippins with the Hollow side downward, close one to another, then put in a few Cloves, a stick of Cinamon broken, and a little piece of butter, cover all clean over with sugar, and so cover the coffin, and bake it as other Tarts; when it is baked, boyl some Butter and Rose-water together, and anoint the Lid all over with it, then scrape, or strew on it good store of Sugar, and so set it in the Oven again, and then serve it up.

130. *To make a Cherry-tart.*

Take the fairest Cherries you can get, and pick them clean from Leaves and stalks, then spread out your coffin as for your Pippin-tart, and cover the bottom with Sugar, then cover the Sugar all over with Cherries, then cover these Cherries with Sugar, some sticks of Cinamon, and a few Cloves; then lay in more Cherries, Sugar, Cinamon and Cloves, till the coffin be filled up, then cover it, and bake it in all points as the Codling, and Pippin Tarts, and so serve it. In the same manner you may make Tarts of Gooseberries, Strawberries, Raspberries, Bilberries, or any other Berry whatsoever.

131. *To make a Mince-Pye.*

Take a Leg of Mutton, or a neats-Tongue, and par-boyl it well, the Mutton being cut from the bone, then put to it three pound of the best Mutton-Suet shred very small; then spread it abroad, and season it with Salt, Cloves and Mace, then put in good store of Currans, great Raisins and Pruans clean washed and picked, a few Dates sliced, and some Orange-peels sliced: then being all well mixt together

gether, put it into a Coffin, or many coffins, and so bake them, and when they are served up open the Lids, and strew store of Sugar on the Top of the Meat, and upon the Lid.

132. *To make a Calves-Foot-Pye.*

Boyl your Calves-Foot very well, and then pick all the meat from the bones, when it is cold shred it as small as you can; and season it with Cloves and mace, and put in good store of Currans, Raisins and Pruans, then put it into the coffin with good store of sweet butter, then break in whole sticks of Cinamon, and a Nutmeg sliced, and season it with Salt, then close up the coffin, and only leave a vent-hole, put in some Liquor made of Verjuice, Sugar, Cinamon, and butter boyled together, and so serve it.

133. *To make a Tansey.*

Take a certain number of Eggs, according to the bigness of your Frying-pan, and break them into a Dish, taking away the white of every third Egg, then with a spoon take away the little white Chicken-knots that stick upon the yolks, then with a little cream beat them very well together, then take of green Wheat blades, Violet leaves, Strawberry leaves, Spinage and Succory, of each a like quantiry, and a few Walnut-Tree-buds; chop and beat all these very well, and then strain out the juice; mix it then with a little more cream, put to it the Eggs, and stir all well together; then put in a few crumbs of fine grated bread, Cinamon, Nutmeg and Salt, then put some sweet butter into a Frying-pan, and as soon as it is melted put in the Tansey, and fry it brown without burning, and with a dish turn it in the pan as occasion shall serve, strew good store of Sugar on it, and serve it up.

134. *To stew a Pike.*

After your Pike is drest and opened in the back, and laid flat, as if it were to Fry, then lay it in a large Dish, put to it White-wine to cover it, let it

on the coals, and let it boyl gently, if scum arise, take it off; then put to it Currans, Sugar, Cinamon, Barberries, as many Pruans as will Garnish the Dish, then cover it close with another Dish, and let it stew till the Fruit be soft, and the Pike enough, then put to it a good piece of sweet butter; with your Scummer take up the fish, and lay it in a dish with sippers, then take a couple of Yolks of Eggs only, and beat them together well with a spoonful of cream and as soon as the Pike is taken out, put it into the broth, and stir it exceedingly to keep it from curdling, then pour the broth upon the Pike, and trim the sides of the Dish with sugar, pruans, and barberries, with slices of Oranges and Lemons, and so serve it up.

135. *To Roast Venison.*

If you will Roast any Venison, after you have washed it, and cleansed all the blood from it, you must slick it with cloves all over on the out-side, and if it be lean, lard it either with Mutton, or Pork-lard, but Mutton is best, then spit it, and Roast it by a soaking Fire, then take Vinegar, crumbs of Bread, and some of the Gravy that comes from the Venison, and boyl them well in a Dish, then season it with Sugar, Cinamon, Ginger and Salt, and serve the Venison upon the sauce when it is Roasted enough.

136. *To Roast a piece of fresh Sturgeon.*

Stop your Sturgeon with Cloves, then spit it, and let it Roast very leasurely, basting it continually, which will take away the hardness; when it is enough, serve it upon the Venison sauce; with salt only thrown upon it.

137. *To boyl a Gurnet or Roach.*

First draw your Fish, and then either spit it, or Joynt it open in the back, and truss it round; then wash it clean, and boyl it in water and Salt, with a Bunch of sweet herbs; then take it up into a large Dish, and pour into it Verjuice, Nutmeg, Butter

Butter and Pepper, after it hath stewed a little, thicken it with the Yolks of Eggs, then remove it hot into another dish, and garnish it with slices of Oranges and Lemons, Barberries, Pruans and Sugar, and so serve it up.

138. *To make a Carp Pye.*

After you have drawn and wash'd, and scalded a fair large Carp, season it with pepper, salt and nutmeg, and then put it into a coffin, with good store of sweet Butter, and then cast on Raisins of the Sun, the juice of Lemons, and some slices of orange-peels, and then sprinkling on a little vinegar, close it up, and bake it.

139. *To make a Chicken pye.*

After you have Truss your Chickens, then break their Legs and Breast-bones, and raise your crust of the best Paste, lay them in a coffin, close together, with their Bodies full of Butter, then lay upon them, and underneath them, currans, great Raisins, Pruans, cinamon, Sugar, whole Mace and Sugar, whole Mace and Salt; then cover all with good store of butter, and so bake it; then pour into it white-wine, rose-water, sugar, cinamon, and vinegar mixt together, with the Yolks of two or 3 Eggs beaten amongst it, and so serve it.

140. *To make Almond-water.*

Take blanched Almonds beaten in a Mortar very small, putting in now and then one spoonful of cream to keep them from oyling: then boyl as much cream as you please with your beaten Almonds, together with a blade of Mace, and season it with Sugar, then strain it, and stir it till it be almost cold, and then let it stand till you serve it, and then Garnish your dish with fine sugar scraped thereon.

141. *To make an Almond-Pudding.*

Take two pound of blanched Almonds, and beat them small, put thereto some Rose-water and Amber-greece often thereinto as you beat them, then,

then season it with Nutmeg and sugar, and mix them with grated bread, beef-suet, and two Eggs, and so put it into a dish, tying a cloath round about, and so boyl it.

142. *To make Water-gruel.*

Take a pottle of water, a handful of great Oatmeal pickt and beat in a Mortar, put it in boyling, when it is half enough, put to it two handfuls of currans washed, a Faggot or two of sweet Herbs, four or five blades of large Mace, and a little sliced Nutmeg, let a Grain of Musk be infused a while in it, when it is enough, season it with sugar and rose-water, and put to it a little drawn butter.

143. *To stew Sausages.*

Boyl them a little in fair water and salt, and for sauce, boyl some currans alone; when they be almost tender, pour out the water from them, and put to them a little White-wine, Butter and Sugar, and so serve it.

144. *To make a rare Fricacie.*

Take young Rabbits, young chickens, or a rack of Lamb, being cut one Rib from another, and par-boyl either of these well in a Frying pan with a little water and salt, then pour the water and salt from it, and fry it with sweet butter, and make sauce with three yolks of Eggs beaten well, with six spoonfuls of Verjuice, and a little shred Parsley, with some sliced Nutmeg, and scalded gooseberries, when it is fryed, pour in the Sauce all over the Meat, and so let it thicken a little in the pan; then lay it in a dish with the sauce, and serve it.

145. *To make an Oatmeal pudding.*

Take a pint of Milk, and put to it a pint of large, or midling Oatmeal, let it stand on the Fire till it be scalding Hot, then let it stand by and soak about half an hour, then pick a few sweet Herbs, and shred them, and put in half a pound of currans, and half a pound of suet, and about two spoonfuls of sugar, and three or four eggs; these put

put into a bag, and boyled, do make a very good Pudding.

146. *To make an Almond-tart.*

Raise an excellent good Paste with six corners an Inch deep, then take some blanched Almonds very finely beaten with Rose-water, take a pound of Sugar to a pound of Almonds, some grated Nutmeg, a little Cream, with strain'd Spinage, as much as will colour the Almonds green, so bake it with a gentle heat in an Oven not shutting the door, draw it, and stick it with Candied Orange, Citron, and put in red and white Muscadine.

147. *To boyl Pigeons with Rice.*

Boyl your Pigeons in Mutton-broath putting sweet herbs in their bellies, then take a little Rice, and boyl it in Cream with a little whole Mace, season it with sugar, lay it thick on their Breasts, wringing also the juice of a Lemon upon them, and so serve them.

148. *To barrel up Oysters.*

Open your Oysters, take the Liquor from them, and mix it with a reasonable quantity of the best White-wine Vinegar, with a little Salt and Pepper; then put the oysters into a small Barrel, and fill them up with this Pickle, and this will keep them six months sweet and good, and with their natural taste.

149. *To make a Cowslip-tart.*

Take the blossoms of a Gallon of Cowslips, mince them exceeding small, and beat them in a Mortar, put to them a handful or two of grated Naple Bisket, and about a pint and a half of Cream, boyl them a little on the Fire, then take them off, and beat in 8 Eggs with a little Cream, if it do not thicken put it on the fire till it doth gently, but take heed it curdles not, season it with Sugar, Rosewater, and a little Salt; Bake it in a dish, or little open tarts; it is best to let your Cream be cold before you stir in the Eggs.

150. *To bake a Calves head to be eaten cold.*

You must half boyl a fair Calves head, then take out all the bones on both sides, and season it with the aforesaid seasoning, and Lard it with Bacon, and a little Lemon-peel; then having a coffin large enough, not very high, nor very thick, but make it four square, lay on some sheets of Lard on the top and butter, when it is bak'd and cold, fill it with clarified butter.

151. *To make Pear-puddings.*

Take a cold capon, or half roasted, which is much better, then take suet shred very small, the Meat and Suet together, with half as much grated bread, two spoon uls of flower, Nutmegs, Cloves and mace, sugar as much as you please, half a pound of currans, the yolks of two Eggs, and the white of one, and as much Cream as will make it up into a stiff Paste; Then make it up in Fashion of a Pear, a stick of cinamon for the stalk, and the head of a clove.

152. *To make a Hotch-pot.*

Take a piece of Brisket of Beef, a piece of Mutton, a knuckle of Veal, a good Cullender of Pot-herbs, half minced carrots, onions and cabbage a little broken, boyl all these together until they be very thick.

153. *To make a Tart of Medlars.*

Take Medlars that are rotten, then scrape them, and set them upon a Chafing dish of Coals, season them with the Yolks of eggs, sugar, cinamon and ginger; let it boyl well, and lay it on paste, scrape on sugar, and serve it.

154. *To make a Lemon-Caudle.*

Take a pint of white-wine, and a pint of water, and let it boyl, put to it half a Manchet cut as thin and small as you can, put it in with some large Mace, then beat the yolks of two eggs to thicken it, then squeeze in the juice of half a dozen Lemmons, and season it with Sugar and Rose-water.

155.

155. *To make an Italian Pudding.*

Take fine Manchet, and cut it in small pieces like Dice, then put to it half a pound of Beef-suet minced small, Raisins of the Sun, Cloves, Mace, Dates minced, Sugar, Marrow, Rose-water, Eggs and Cream, mingle all these together, put them in a butter'd dish, in less then an hour it will be well baked, when it is enough, scrape on Sugar and serve it up.

156. *To make a Rare Pudding to be baked or boyled.*

Beat a pound of Almonds as small as possibly, put to them some Rose-water and Cream as oft as you beat them; then take one pound of Beef-Suet finely minced with five yolks of Eggs, and put two or three whites, make it as thin as Batter for Fritters, mixing it with sweet thick cream, seasoning it with beaten Mace, Sugar and Salt, then set it into the Oven in a Pewter dish, and when you draw it forth, strew some Sugar on the top of your Pudding, and Garnish your dish with Sugar, and serve it always first to the Table.

157. *To make a Gooseberry Custard.*

When you have cut off the sticks and Eyes of your Gooseberries, and wash'd them, then boyl them in water till they will break in a spoon, then strain them, and beat half a dozen Eggs, and stir them together upon a Chafing-dish of coals with some Rose-water, then sweeten it very well with sugar, and always serve it cold.

158. *To make a Fricassee of Rabbits.*

Cut your Rabbits in small pieces, and mince a handful of Thyme, and Parsley together, and season your Rabbits with a Nutmeg, Pepper and Salt; then take two Eggs and Verjuice beaten together, then throw it in the pan, stick it, and dish it up in tippets.

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159. To make Cracknels.

Take 5 or 6 pints of the finest Wheat flower you can get, to which put in a spoonful, and not more of good Yeast; then mingle it well with Butter, Cream and Rose-water, and Sugar finely beaten, and working it well into paste, make it into what form you please and bake it.

160. To make Pancakes.

Put eight Eggs to two quarts of Flower casting by four whites, season it with Cinnamon, Nutmeg, Ginger, Cloves, Mace and Salt, then make it up into a strong Batter with Milk, beat it well together, and put in half a pint of Sack, make it so thin that it may run in your pan how you please, put your pan on the fire with a little butter, or suet, when it is very hot, take a cloath and wipe it out, so make your pan very clean, then put in your Batter, and run it very thin, supply it with little bits of Butter, and so tosse it often, and bake it crisp and brown.

161. To make a Fanket.

Take Ewes, or Goats-Milk, or for want of these Cows-Milk, and put it over the Fire to warm, then put in a little Runnet, then pour it out into a dish, and let it cool, then strew on some Cinamon and Sugar, and take some of your Cream and lay on it, scrape on sugar and serve it.

162. To make Excellent Matrow-Spinage-Pasties.

Take Spinage and chop it a little, then boyl it till it be tender; then make the best rich light crust you can, and roul it out, and put a little of your Spinage into it, and Currans, and Sugar, and store of lumps of Marrow; clap the Paste over this to make little Pasties deep within, and fry them with Clarified butter.

163. To make a Pine-Apple-tart.

Beat two handfuls of Pine-Apples with a prick'd Quince, and the pulp of two or three pippins, when

when they are well beaten, put to them half a pint of Cream, a little Rosewater, the yolks of six Eggs, with a handful of sugar, if it be thick, add a little more Cream to it, so having your thin low Coffins for it dryed, fill them up, and bake them; you may garnish them with Oringado, or Lozenges, of Sugar plate, or what else you please.

164. To dry Neats-tongues.

Take Bay-salt beaten very fine, and Salt-petre of each a like, and rub over your Tongues very well with that, and cover all over with it, and as it wasts, put on more, and when they are very hard and stiff they are enough, then roul them in bran, and dry them before a soft Fire, and before you boyl them, let them lye one night in Pump-water, and boyl them in the same water.

165. To stew Birds the Lady Butlers way.

Take small Birds, pick them, and cut off their Legs, fry them in sweet butter, lay them in a cloath to dry up the butter, then take Oysters and mince them, and put them in a dish, put to them White-wine and Cinnamon, put in the birds with Cloves, Mace and Pepper; let all these stew together covered till they be enough, then put into it some Sugar, and some toasted Manchet, and put it in the dish, and so serve it up to the Table.

166. To make a sweet Pye with Lamb-stones, and Sweetbreads and sugar.

Slit the Lamb-stones in the midd'e, and skin them, wash the Sweet-breads, both of Veal and Lamb, and wipe them very dry; take the Lambs Liver, and shred it very small, take the Udder of a Leg of Veal and slice it, season all with a little Salt, Nutmeg, Mace and Cloves beaten, and some whole Pepper, then shred two or three pippins, and Candyed Lemon and Orange-peel half a dozen Dates sliced, with Currans, white Sugar, a few Carraway-seeds, a quarter of a pint of Verjuice, and as much Rose-water, a couple of Eggs; roul up

up all these together in little puddings, or balls made green with the juyce of Spinage, and lay a Pudding, then a Sweet-bread, then a Lamb-stone, till you have filled up the Pye, and cover them with dates, and sliced Citron and Lemon. When it is drawn, take two or three yolks of Eggs, beat them, and put to them a little fresh butter, White-wine and Sugar, and pour it into the Tunnel, scrape some loaf sugar, upon the Lid, and so serve it.

167. *To roast Eels.*

When they are flea'd, cut them to pieces, about three or four Inches long, dry them, and put them into a dish, mince a little Thyme, two Onions, a piece of Lemon-peel, a little pepper beaten small, Nutmeg, Mace and Salt, when it is cut exceeding small, strew it on the Eels, with the Yolks of two or three Eggs, then having a small Spit (or else a couple of square sticks made for that purpose) spit through the Eels cross-ways, and put a bay-leaf between every piece of Eel, and tying the sticks on a spit, let them Roast; you need not turn them constantly, but let them stand till they hiss, or are brown, and so do them on the other side, and put the Dish (in which the Eel was with the seasoning) underneath to save the Gravy, baste it over with sweet butter. The Sauce must be a little Claret-wine, some minced Oysters with their Liquor, a grated Nutmeg, and an Onion, with sweet butter, and so serve it.

168. *To boyl Cocks or Larks.*

Boyl them with the Guts in them in strong broth, or fair water, and three or four whole Onions, large Mace and salt, the Cocks being boyled, make sauce with some thin slices of manchet, or grated bread in another Pipkin, and some of the broth where the Fowl or the Cocks boyl, then put to it some butter, and the Guts and Liver minced, then take some yolks of Eggs dissolved with Vinegar, and some grated Nutmeg, put it to the other ingredients,

redients, stir them together, and Dish the Fowl in fine sippets, pour on the sauce with some sliced Lemon, Grapes or Barberries, and run it over with beaten butter.

169. *To broyl Oysters.*

Take the biggest Oysters you can get, then take a little minced Thyme, grated Nutmeg, grated bread, and a little Salt, put this to the Oysters, then get some of the largest bottom-shells, and place them on the Grid-Iron, and put two or three Oysters in each shell, then put some butter to them, and let them simmer on the Fire till the Liquor bubbles low, supplying it still with butter, when they are crisp, seed them with White-wine, and a little of their own Liquor, with a little grated Bread, Nutmeg and minced Thyme, put as much only as to relish it, so let it boyl up again, then add some drawn butter to thicken them, and Dish them.

170. *To pickle Oysters.*

Take a quart of the largest great Oysters with the Liquor, wash them clean, and wipe them, add to them a pint of fair water, and half a pint of White-wine Vinegar, half an ounce of whole Pepper, an handful of Salt, a quarter of an Ounce of large Mace, with the Liquor of the Oysters strained; put all together in a Pipkin over a soft Fire; let them simmer together a quarter of an hour; when the Oysters are enough take them up, and put them into a little fair water and vinegar till they be cold; let the pickle boyl a quarter of an hour after the Oysters are taken up; both being cold, put them up together: When you use them, Garnish the dish with Barberries and Lemon, and a little of the Mace and Pepper, and pour in some of the Pickle.

171. *To make English Potage.*

Make it with Beef, Mutton and Veal, putting in some Oatmeal, and good Pot-herbs, as Parsley, Sor-

Sorrel, Violet-leaves, and a very little Thyme and sweet Marjoram, scarce to be tasted, and some Marygold leaves at last ; you may begin to boyl it over Night, and let it stand warm all night, and make an end of boyling it next morning ; it is good to put into the pot at first twenty or thirty corns of whole Pepper.

172. To stew Beef.

Take very good Beef and slice it very thin, beat it with the back of a knife, put to it the Gravy of some Meat, and some Wine, and strong broth, sweet Herbs a quantity ; let it stew till it be very tender, season it to your liking, and garnish your Dish with Mary-gold Flowers, or Barberries.

173. To make excellent Minc'd-Pyes.

Parboyl Neats-Tongues, then peel and hash them with as much as they weigh of Beef suet and stoned Raisins, and pickt Currans ; chop all exceeding small, that it be like Pap ; employ therein at least an hour more than ordinarily is used, then mingle a very little Sugar with them, and a little Wine, and thrust it up and down, some thin slices of green Candyed Citron-peel, and put this into Coffins of fine light, well reared crust ; half an hours baking will be enough : If you strew a few Carraway-Comfits on the top it will not be amiss.

174. To pickle Roast Beef, Chine, or Surloin.

Stuff any of the aforesaid Beef with Penny-royal, or other sweet Herbs, or Parsley, minced small, and some Salt, prick in here and there a few whole cloves, and Roast it ; then take Claret wine, Wine-Vinegar, whole Pepper, Rosemary, Bays, and Thyme bound up close in a bundle and boyled in some Claret-wine, and Wine-Vinegar ; make the pickle, and put some Salt to it, and pack it up in a barrel that will but just hold it, put the pickle to it, close it on the Head, and keep it for your use.

175. To

175. To make a double Tart.

Peel Codlings tenderly boyled, cut them in halves, and fill your Tart ; put into it a quarter of an hundred of Codlings, a pound and half of sugar, a few Cloves, and a little Cinamon, close up the Coffin and bake it. When it comes out, cut off the lid, and having a lid cut in flowers ready, lay it on and Garnish it with Preserves of Damsons, Raspberries, Apricots and Cherries, and place a preserved Quince in the middle, and strew it with Sugar-biskets.

176. To make a Warden or Pear-Pye.

Bake your Wardens, or Pears in an Oven with a little water, and a good quantity of Sugar, let your pot be covered with a piece of Dough, let them not be fully baked for a quarter of an hour, when they are cold make a high Coffin, and put them in whole, adding to them some Cloves, whole Cinamon, Sugar, with some of the Liquor they were baked in, so bake it.

177. To bake a Pig Court-Fashion.

Flea a small young Pig, cut it in quarters, or in smaller pieces, season it with Pepper, Ginger and Salt, lay it into a fit coffin, strip and mince small a handful of Parsley, six sprigs of Winter-savoury, strew it on the Meat in the pye, and strew upon that the yolks of three or four hard Eggs minced, and lay upon them five or six blades of Mace, a handful of Clusters of Barberries, a handful of currans well washt and pickt, a little Sugar, half a pound of sweet butter, or more ; close your pye, and set it in an Oven as hot as for Manchet, and in three hours it will be well baked, draw it forth, and put in half a pound of Sugar, being warmed upon the Fire, pour it all over the Meat, and put on the pye-lid again, scrape on Sugar, and serve it hot to the Table.

178. To

178. *To make a Pudding of Hog's Liver.*

Boyl your Liver, and grate it, put to it more grated bread then Liver, with as much fine flower as of either, put twelve Eggs to the value of a Gallon of this mixture, with about two pound of Beef-suet minced small, and a pound and half of Currans, half a quarter of a pint of Rose-water, a good quantity of Cloves and Mace, Nutmeg, Cinamon and Ginger, all minced very small, mix all these with sweet Milk and Cream, and let it be no thicker then Fritter-batter, to fill your Hogs-guts, you make it with the Maw, fit to be eaten hot at Table ; in your knitting or tying the Guts, you must remember to give them three or four Inches scope : In your putting them into boyling-water, you must handle them round to bring the meat equal to all parts of the Gut ; they will ask about half an hours boyling, the boyling must be sober, if the Wind rise in them, you must be ready to prick them, or else they will flye, and burst in pieces.

179. *Olives of Beef stewed and Roasted.*

Take a Buttock of Beef, and cut some of it into thin slices as broad as your hand, then hack them with the back of a knife, Lard them with small Lard, and season them with pepper, Salt and nutmeg ; then make a farcing with some sweet herbs, Thyme, Onions, the yolks of hard Eggs, Beef-suet or Lard, all minced, some Salt, Barberries, Grapes or Gooseberries ; season it with the former Spices lightly, and work it up together, then lay it on the slices, and roul them up round, with some Caul of Veal, Beef, or Mutton, bake them in a Dish in the Oven, or Roast them ; then put them in a Pipkin with some Butter and Saffron, or none ; blow off the Fat from the Gravy, and put it to them, with some Artichoaks, Potatoes, Skirrets blanched, being first boyled, a little Claret-wine, and serve them on sippets, with some sliced
Orange,

Orange, Lemon. Barberries, Capers or Gooseberries.

180. *To make French-barly Posset.*

Put two quarts of Milk to half a pound of French-Barley, boyl it small till it is enough ; when the Milk is almost boyled away, put to it three pint of good Cream, let it boyl together a quarter of an hour ; then sweeten it, and put in Mace and Cinamon in the beginning when you first put in your Cream, when you have done so, take White-wine a pint, or Sack and White wine together of each half a pint, sweeten it as you love it with Sugar, pour in all the Cream, but leave your Barley behind in the skillet ; this will make an excellent posset nothing else but a tender curd to the bottom ; let it stand on the coals half a quarter of an hour.

181. *To bake Chucks of Veal.*

Parboyl two pound of the lean flesh of a Leg of Veal, mince it as small as grated bread, with four pound of Beef-suet : then season it with bisket, Dates and Carrawayes, and some Rose-water, sugar, Raisins of the sun, and Currans, cloves, inace, nutmegs ; and Cinamon, mingle them altogether, fill your pyes, and bake them.

182. *How to stew a Mallard.*

Roast your Mallard half enough, then take it up and cut it in little pieces, then put it into a Dish with the Gravy, and a piece of fresh butter, and a handful of parsley chopt small, with two or three Onions, and a Cabbage-Lettuce, let them stew one hour, then season it with pepper and salt, and a little Verjuice, and so serve it.

183. *To stew a Rabbit.*

Half Roast it, then take it off the Spit and cut it into little pieces, and put it into a Dish with the Gravy, and as much Liquor as will cover it, then put in a piece of fresh butter, and some powder and Ginger, pepper and salt, two or three pippin minced,

minced small, let these stew an hour, and dish them upon sippets, and serve it.

184. *To make a Pigeon Pye.*

Truss your Pigeons to bake, and set them, and Lard the one half of them with Bacon, mince a few sweet herbs and parsley with a little Beef-suet, the Yolks of hard Eggs, and an Onion or two, season it with Salt, beaten Pepper, Cloves, Mace, and Nutmeg, work it up with a piece of butter and stuff the bellies of the Pidgeons, season them with Salt and Pepper as before: Take also as many Lambstones seasoned as before, with six Collops of Bacon, the Salt drawn out, then make a round Coffin and put in your Pigeons, and if you will put in Lambstones and Sweetbreads, and some Artichoke bottoms, or other dry Meat to soak up the Juice, because the pye will be very sweet and full of it; then put a little White-wine beaten up with the yolk of an Egg, when it comes out of the Oven, and so serve it.

185. *To stew a Fillet of Beef the Italian Fashion.*

Take a young tender Fillet of Beef, and take away all the skins and sinews clean from it, put to it some good White-wine in a bowl, wash it and crush it well in the Wine, then strew upon it a little pepper, and as much Salt as will season it; mingle them very well, and put to it as much Wine as will cover it, lay a Trencher upon it to keep it down in a close pan with a weight on it, and let it steep two Nights and a Day, then take it out, and put it into a pipkin with some good Beef-broath, put none of the pickle to it, put only Beef-broath, and that sweet, and not salt, cover it close, and let it on the Embers, then put to it a few whole Cloves and Mace, and let it stew till it be enough, it will be very tender, and of an excellent Taste: Serve it with the same broth as much as will cover it.

186. *To boyl a Capon or Chicken with several compositions.*

You must take off the skin whole, but leave on the Legs, Wings and Head; mince the body with some Beef-suet, or Lard, put to it some sweet herbs minced, and season it with Cloves, Mace, Pepper, Salt, two or three Eggs, Grapes, Gooseberries, or Barberries, bits of Potato or Mushrooms; in the Winter, with Sugar, Currans and Prunes: Fill the skin, prick it up, and stew it between two Dishes, with large Mace, and strong broath, pieces of Artichokes, Cardones, or Asparagus and Marrow, being finely stewed, serve it on carved sippets, and run it over with beaten butter, Lemon sliced, and scrape on Sugar.

187. *To boyl a Leg of Pork.*

Cut your pork into slices very thin, having first taken off the skinny part of the Filler, then hack it with the back of your Knife, then mince some Thyme and Sage exceeding small, and mingle it with Pepper and Salt, and therewith season your Collops; and then lay them on the Grid-Iron; when they are enough, make sauce for them with Butter, Vinegar, Mustard, and Sugar, and so serve them.

188. *To make a Fricassee of Ptridges.*

After you have Trussed your Ptridges, Roast them till they are almost enough, and then cut them to pieces, then having chopped an Onion very small, fry them therewith; then put to them half a pint of Gravy, 2 or 3 Anchovies, a little bread grated, some drawn butter, and the Yolks of 2 or 3 Eggs beaten up with a little White-wine, let them boyl till they come to be pretty thick, and so Dish them up.

189. *To bake Calves-Feet.*

You must season them with pepper, Salt and currans, and then bake them in a pye, when they are baked, take the yolks of three or four Eggs, and

and beat them with Verjuice, or Vinegar, Sugar, and grated Nutmeg; put it into your pyc, then scrape on Sugar, and so serve it.

190. *To fry Neats-tongues.*

First boyl them, and after blanch them, and then cut them into thin slices; season them with Nutmeg, Sugar, Cinamon, put to them the Yolks of raw eggs; and a Lemon cut into little square pieces, then fry them in spoonfuls with sweet butter; make your sauce with White-wine, Sugar, and butter, heat it hot, and pour on your tongues, scrape sugar on it, and serve it.

191. *To roast a Hare.*

When you Case your Hare, do not cut off his hinder Legs or Ears, but hack one Leg through another, and so also cut a hole through one Ear and put it through the other, and so Roast him; make your Sauce with the Liver of the Hare boyled, and minced small with a little Marjoram, Thyme and Winter-savoury, and the yolks of 3 or 4 hard eggs, with a little Bacon and Beef-suet, boyl this all up with water and Vinegar, and then grate a little Nutmeg, and put to it some sweet butter, and a little Sugar; dish your Hare, and serve it, This may also serve for Rabbits.

192. *To roast a Shoulder of Mutton with Oysters.*

Par-boyl your Oysters, then mince Winter-savoury, Thyme, parsley, and the yolks of five or six hard Eggs, hard boyled; add to these a half-penny loaf of grated bread, and three or four yolks of Eggs; mingle all these together with your hands. when you have spitted your Mutton, make holes in it as big as you think convenient; put in your oysters, with the other ingredients, about twenty five or thirty oysters will be enough, let it Roast indifferent long, then take the remainder of a quart of Oysters, for you must have so many in all, and put them into a deep dish with Claret-wine,

two

two or three Onions cut in halves, and two or three Anchovies; put all this in the Dripping-pan under your Mutton, and save your Gravy, and when the Meat is enough, put your sauce upon the Coals, and put to it the yolk of an Egg beaten, grated Nutmeg, and sweet butter; Dish your Mutton, and pour in your oysters, sauce and all upon it, Garnish your dish with Lemons and Barberries.

193. *A Rare broth.*

Take a couple of Cocks, and cut off their Wings and Legs, and wash them clean, and par-boyl them very well, till there rise no scum, then wash them again in fair water, then put them in a pitcher with a pint of Rhenish-wine, and some strong broth, as much as will cover them, together with a little China-Root, an ounce or two of Harts-horn, with a few Cloves, Nutmeg, large Mace, Ginger shred, and whole Pepper, and a little salt; stop up your Pitcher close, that no steam may come out, boyl the Pitcher in a great pot of water about six hours, then pour out the broth, and strain it into a Bason, and squeeze into it the juyce of two or three Lemons, and so eat it.

194. *To bake Sweet breads.*

Boyl your Sweetbreads, and put to them the yolks of two Eggs new laid, grated Bread, with some parboyled Currans, and three or four Dates minced, and when you have seasoned it lightly with Pepper, Sugar, Nutmeg and salt, put to it the juice of a Lemon; put up all these together into puff-paste, and so bake it.

195. *To make Pottage of French-Barley.*

Pick your Barley very clean from dirt and dust, then boyl some Milk, and put it in while it boyls, when it is boyled, put in a little Salt, Sugar, large Mace, and a little Cream; and when you have boyl'd it pretty thick, dish it, and serve it up with Sugar scraped thereon.

196. *To boyl a Hanch of Venison.*

First stuff your Venison with a handful of sweet Herbs and Parsley minced with a little Beef-suet, and some yolks of Eggs boyled hard; season your stuffing with Nutmeg, Salt and Ginger, having powdered your Hanch; boyl it, afterwards boyl up two or three Colliflowers in strong broth, adding to it a little Milk, when they are boyled, put them into a pipkin, and put to them drawn butter, keeping them warm, then boyl up two or three handfuls of Spinage in the same Liquor, when it is boyled up, pour out part of your broth, and put to it a little Vinegar, a Ladle-ful of sweet butter and a grated Nutmeg, your dish being ready with sippets on the bottom, put the Spinage round the sides of your Dish, when the Venison is boyled take it up, and put it in the middle of the dish, lay your Colliflowers over it, pour on sweet butter over that, Garnish it with Barberries, and some parsley minced round the brims of the dish.

197. *To make a Florentine of Sweet-breads or Kidneys.*

Take three or four Kidneys, or Sweet-breads, and when they are par-boyled, mince them small; season it with a little Cinamon and Nutmeg, sweeten it with sugar and a little grated bread, with the Marrow of two or three Marrow-bones in good big pieces, add to these about a quarter of a pound of Almond-paste, and about half a pint of Malaga Sack, two spoonfuls of Rose-water, and Musk and Ambergreece, of each a grain, with a quarter of a pint of Cream, and three or four Eggs, mix altogether, and make it up in puff paste, then bake it; in three quarters of an hour it will be enough.

198. *To stew a Rump of Beef.*

Season your Beef with some Nutmeg grated, together with some Salt and Pepper, season it on the bony side, and lay it in the pipkin with the Fat

Fat side downward, then take two or three great Onions, and a bunch of Rosemary tyed up together with three pints of Elder-Vinegar, and three pints of Water, stew all these three or four hours together in a pipkin clost covered over a soft fire; Dish it upon sippets, blowing off the Fat from the Gravy, put some of the Gravy to the Beef, and serve it up.

199. *To make Pottage of a Capon.*

Take Beef and Mutton, and cut it into pieces, then boyl a large earthen pot of Water, take out half the water, put in your Meat and skim it, and when it boyls season it with Pepper and Salt; when it hath boyled about two hours, and four or five Cloves, half an hour before you think it is enough put in your Herbs, Sorrel, Purslain, Burrage, Lettuce, and Bugloss, or green Pease, and in the Winter, Parsley-roots, and white Endive, pour the broth upon light bread toasted, and stew a while in the dish covered. If your water consume in boyling, fill it up with water boyling hot. The less there is of the broth the better it is, though it be but a porringer-full, for then it would be as stiff as Jelly when it is cold.

200. *To make a Pye with Pippins.*

Pare your Pippins, and cut out the cores, then make your Coffin of crust, take a good handful of Quinces sliced, and lay at the bottom, then lay your pippins a top, and fill the holes where the Core was taken out with Syrup of Quinces, and put into every pippin, a piece of Orangado, then pour on the top Syrup of Quinces, then put in sugar, and so close it up, let it be very well baked, for it will ask much soaking, especially the Quinces.

201. *To boyl Pigeons the Dutch way.*

Lard and set your Pigeons, put them into a pipkin, with some strong broth made of Knuckles of Veal, Mutton and Beef, let them be close covered, and

and when they are scum'd, put in a Faggot of sweet herbs, a handful of Capers, and a little large Mace, with a few Raisins of the Sun minced very small, about six Dates quartered, a piece of butter with two or three yolks of hard Eggs minced, with a handful of Grapes, or Barberries, then beat two yolks of Eggs with Verjuice, and some White-bread, a Ladle-full of sweet butter, and a grated Nutmeg, serve it upon sippers.

202. *To make excellent Black-Puddings.*

Beat half a score Eggs, the Yolks and Whites together very well; then take about a quart of Sheeps-blood, and as much Cream, when you have stirred all this well together, thicken it with grated bread, Oatmeal finely beaten, of each a like quantity, add to these some Marrow in little lumps, and a little Beef-suet shred small, season it with Nutmeg, Cloves, Mace, mingled with salt, a little sweet Marjoram, Thyme, and Penny-royal shred very well together; mingle all together, put to them a little Currans, cleanse your Guts very well, fill them, and boyl them carefully.

203. *To make a Pye of Neats-tongues.*

Parboyl a couple of Neats-Tongues, then cut out the Meat at the Root-end as far as you can, not breaking it out at the sides; take the Meat you cut out, and mingle it with a little suet, a little Parsley, and a few sweet herbs, cut all very small, and mingled together, season all this with Ginger, Cloves, Mace, Pepper, Salt, and a little grated bread, and as much Sugar, together with the yolks of three or four Eggs; make this up together, and season your Tongues, inside, and outside, with your seasoning aforesaid, and wash them within with the yolk of an egg, and force them where you cut forth the meat, and what remains make into a forc'd; then make your paste into the Fashion of a Neats-Tongue, and lay them in with puddings, and little balls; then put to them Lemon

and

and Dates shred, and butter on the top, and close it, when it is baked, put in a lear of the Venison-sauce, which is Claret-wine vinegar, grated bread, Cinamon, Ginger, Sugar. boyl it up thick, that it may run like butter, and let it be sharp and sweet, and so serve it.

204. *To stew a breast or loyn of Mutton.*

Joynt either your Loyn or Breast of mutton well, draw it, and stuff it with sweet Herbs, and Parsley minced; then put it in a deep stewing-dish with the right side downward, put to it so much White-wine and strong broath as will stew it, set it on the Coals, put to it two or three Onions, a bundle of sweet Herbs, and a little large Mace; when it is almost stewed, take a handful of Spinage, Parsley and Endive, and put into it, or else some Gooseberries and Grapes; in the Winter-time, Samphire, and Capers; add these at any time; dish up your Mutton, and put by the Liquor you do not use, and thicken the other with yolks of Eggs and sweet Butter, put on the sauce and the Herbs over the Meat; Garnish your dish with Lemon and Barberries.

205. *To make a Sallet of green Pease.*

Cut up as many green Pease as you think will make a Sallet, when they are newly come up, about half a foot high; then set your Liquor over the Fire, and let it boyl, and then put them in, when they are boyled tender put them out, and drain them very well; then mince them, and put in some good sweet butter, salt it, and stir it well together, and so serve it.

206. *To make Sallet of Fennel.*

Cut your Fennel while it is young, and about 4 fingers high, tye it up in bunches like Asparagus, gather enough for your Sallet, and put it in when your water is boyling hot, boyl it soft drain it, dish it up with butter, as the green Pease.

207. *To make a Tansie of Spinage.*

Take a quart of Cream, and about twenty Eggs without the Whites, add to it Sugar and grated Nutmeg, and colour it green with the juyce of Spinage; then put in your dish, and squeeze a Lemon or two on it; Garnish it with slices of Orange, then strew on sugar and so serve it.

208. *To make a Hash of Ducks.*

When your Ducks are roasted, take all the flesh from the bones, and hash it very thin, then put it into your stewing-pan with a little Gravy, strong broath, and Claret-wine, put to it an Onion or two minced very small, and a little small Pepper, let all this boyl together with a little salt, then put to them about a pound of Sausages, when you think they are ready, stir them with a little butter drawn: Garnish it with Lemon, and serve it.

209. *To make French Puffs with green Herbs.*

Take a quantity of Endive, Parsley and Spinage, and a little Winter-savoury, and when you have minced them exceeding small, season them with sugar, Ginger, and Nutmeg; beat as many Eggs as you think will wet your Herbs, and so make it up; then pare a Lemon and cut in thin slices, and to every slice of Lemon, put a slice of your prepared Ruff, then fry it in sweet butter, and serve them in sippers, after you have put to them either a Glas of Canary or White-wine.

210. *To make excellent stewed broath.*

Take a Leg of Beef, boyl it well, and scum it clean, then take your bread and slice it, and lay it to soak in your Broath, then run it through a strainer, and put as much into your Broath as will thicken it; when it hath boyled a pretty while, put in your Prunes, Raisins, and Currans, with Cinnamon, Cloves, and Mace beaten; when your Prunes are boyled, take them up, and run them also thorough a strainer, as you did the bread, then put in half a pint of Claret, then let it boyl very well, and when

when it is ready, put to it Rose-water and Sugar, and so serve it.

211. *To stew a dish of Breems.*

Take your Breems and dress them, and dry them well, and salt them; then make a Charcoal Fire, and lay them on the Grid-iron over the Fire being very hot; let them be indifferent brown on both sides, then put a Glas of Claret into a Pewter dish, and set it over the fire to boyl, put into it two or three Anchovies, as many Onions, and about half a pint of Gravy, a pint of Oysters, with a little Thyme minced small; when it hath boyled a while, put to it a little melted Butter and Nutmeg. Then dish your Bream, and pour all this upon it, and then set it again on the Fire, putting some yolks of Eggs over it.

212. *To boyl a Mullet.*

Having scalled your Mullet, you must save their Livers and Roes, then put them in water boyling hot, put to them a Glas of Claret, a bundle of sweet Herbs, with a little Salt and Vinegar, two or three whole Onions, and a Lemon sliced; then take some whole Nutmegs and quarter them, and some large Mace, and some butter drawn with Claret, wherein dissolve two or three Anchovies; dish up your Fish, and put on your sauce, being first seasoned with Salt. Garnish your dishes with fried Oysters and Bay-leaves; and thus you may season your Liquor for boyling most other fish.

213. *To Farce, or stuff a fillet of Veal.*

Take a large Leg of Veal, and cut off a couple of Fillers from it, then mince a handful of sweet Herbs and Parsley, and the yolks of two or three hard eggs; let all these be minced very small, then season it with a couple of grated Nutmegs, and a little Salt, and so Farce, or stuff your Veal with it, then lard it with Bacon and Thyme very well, then let it be Roasted, and when it is almost enough, take some of your stuffing about a hand-

ful, and as many Currans; and put these to a little strong broath, a Glals of Claret, and a little Vinegar, a little Sugar and some Mace: when your Meat is almost ready, take it up and put it into this, and let it stew, putting to it a little butter melted, put your Meat in your dish, and pour your sauce upon it, and serve it.

214. *To make a Pudding of Oatmeal.*

Take a quart of milk, and boyl it in a Skillet, put to it a good handful of Oatmeal beat very small, with a stick or 2 of Cinamon and mace; put in this Oatmeal as much as will thicken it, before the milk be hot, then keep it stirring, and let it boyl for about half an hour, putting into it a handful of Beef suet minced very small, then take it off, and pour it into a Dish, and let it stand to cool if it be too thick, put to more milk, then put in a Nutmeg grated, a handful of sugar; with three or four Eggs beaten, and some Rosewater, then rub the Dish within with Butter, and pour out your Pudding into it, let it be as thin as Batter, let it bake half an hour, scrape sugar on it, and serve it up.

215. *To make a Pudding of Rice.*

Take a good handful of Rice beaten small, and put it into about three pints of Milk, adding a little Mace and Cinamon, then boyl it, keeping it always stirring, till it grow thick, then put a piece of butter into it, and let it boyl a quarter of an hour, then pour it out to cool, then put to it half a dozen Dates minced, a little Sugar, a little beaten Cinamon, and a couple of handfuls of Currans, then beat about half a score Eggs, throwing away two or three of the whites, put in some salt, butter the bottom of your Dish, pour in your Pudding, bake it as before, put on a little Rose-water and sugar, and serve it.

216. *To make a Florentine of Spinage.*

Take a good quantity of Spinage, to the quantity of two Gallons, set your water over the Fire, and when it boyls very high, put in your Spinage, and let it remain in a little while, then put it out into a strainer, and let it drain very well, and squeeze out all the water, then take it and mince it small with a Candyed Orange-peel or two, add to it about three quarters of Currans boyled also, season it with salt, Ginger beaten, Cinamon and Nutmeg; then lay your paste thin in a dish, and put it in, adding butter and sugar, close it up, prick it with holes, and bake it, when it is nigh baked, put into it a Glals of sack, and a little melted butter and vinegar, stir it together with your knife, scrape sugar upon it, and serve it.

217. *To make a Tansey of Cowslips.*

Take your Cowslips or Violets, and pound them in a wooden or Marble Mortar, put to them about twelve eggs, with three or four of the Whites taken out, about a pint of Cream, a quarter of white Sugar, Cinamon beaten small; Nutmeg, and about a handful of grated bread, with a little Rosewater, then take all these together, and put them in a Skillet with a little butter, and set them over the Fire, stirring it till it grow thick; then put your frying-pan on the fire, and when it is hot, put some butter into it, and then put in your Tansey; when you think it is enough of one side, butter a Pewter Plate, and turn it therewith, when it is fried, squeeze on a Lemon, scrape on Sugar, Garnish it with Oranges quartered, and serve it.

218. *To make excellent white Puddings.*

Take the Humbles of a Hog, and boyl them very tender, then take the heart, the lights, and all the Flesh about them, picking them clean from all the Siney skins, and then chop the Meat as small as you can, then take the Liver, and boyl it hard, and grate a little grated Nutmeg, Cinamon, Cloves,

Mace, Sugar, and a few Carraway-seeds, with the Yolks of four or five Eggs, and about a pint of the best Cream, a Glas of Canary, and a little Rose-water, with a good quantity of Hogs suet and salt; make all into Rouls, and let it lye about an hour and half before you put it in the Guts, laying the guts asleap in Rose-water before, boyl them, and have a care of breaking them.

219. *To stew Flounders.*

Draw your Flounders, and wash them, and scotch them on the white side, being put in a dish, put to them a little White-wine, a few minced Oysters, some whole Pepper, and sliced Ginger, a few sweet Herbs, two or three Onions quartered, and Salt; put all these into your stewing-pan covered close and let them stew as soon as you can, then dish them on sippets; then take some of the Liquor they were stewed in, put some butter to it, and the Yolk of an Egg beaten, and pour it on the Flounders; garnish it with Lemon, and Ginger beaten on the brims of the Dish.

220. *To draw Butter for Sauce.*

Cut your butter into thin slices, put it into your dish, let it melt leisurely upon the Coals, being often stirred; and after it is melted, put to it a little Vinegar, or fair water, which you will, beat it up till it be thick, if it keep its colour white, it is good, but if yellow and turn'd, it is not to be used.

221. *To Roast a Salmon whole.*

Draw your Salmon at the gills, and after it is scaled: wash and dry'd, Lard it with pickled herring, or a fat Eel salted; then take about a pint of Oysters parboyled, put to these a few sweet herbs; some grated bread, about half a dozen hard Eggs, with a couple of Onions; shred all these very small and put to it Ginger, Nutmeg, Salt, Pepper, Cloves, and Mace; mix these together, and put them all within the Salmon at the Gills: put them into the Oven in an Earthen pan, born up with pieces of Wood

Wood, in the bottom of the dish, put Claret-wine- and baste your Salmon very well over with butter before you put it in the oven, when it is drawn, make your sauce of the Liquor that is in the pan, and some of the spawn of the Salmon boyled with some melted Butter on the top, stick him about with Toasts and Bay-leaves fryed, take out the Oysters from within, and Garnish the Dish therewith.

222. *To make Excellent Sauce for Mutton, either Chines, Legs or Necks.*

Take half a dozen Onions shred very small, a little strong broth, and a glass of White-wine; boyl all these well together; then take half a pint of oysters, and mince them with a little Parsley, and two or three small Bunches of Grapes if in season, with a Nutmeg sliced, and the yolks of two or three Eggs, put in all these together with the former, and boyl it, and pour it all over your Meat, and then pour some melted butter on the top, and strew on the Yolks of two or three hard Eggs minced small.

223. *Another good Sauce for Mutton.*

Take a handful of pickled Cucumbers, as many Capers, and as much Samphire; put them into a little Verjuyee, White-wine; and a little strong broth, and a Lemon cut in small pieces, and a little Nutmeg grated; let them boyl together, and then beat them up thick, with a ladleful of Butter melted, and a cupple of Yolks of Eggs, and a little Sugar; Dish your Meat upon sippets, pour on your sauce, and garnish it with Samphire, Capers and Barberries.

224. *To make Sauce for Turkies or Capons.*

Take a two penny white-loaf, and lay it a soaking in strong broth, with Onions sliced therein, then boyl it in Gravy, together with a Lemon cut in small pieces; a little Nutmeg sliced, and some melted, put this under your Turkey or Capon, and

so to serve it; you will find it excellent Sauce.

225. *To starch Tiffanys or Lawns.*

You must Soap your Tiffany on the Hems or Laces only with brown Soap, then wash them very well in three Lathers pretty hot, and let your last Lather be made thin of the Soap, do not rince them, nor wring them hard, then dry them over Brimstone, and keep them all the time from the Air, for that will spoyl them, then make your starch of a reasonable thickness, and blew it as you please, and to a quarter of a pound of starch, put as much Allom as a Hazle-Put, boyl it very well and strain it, and while it is hot, wet your Tiffanys with it very well, and lay them in a Cloath to keep them from drying, then with your hands clean and dry them, then hold your Tiffany to a good Fire till they be through hot, then clap them and rub them between your hands from the Fire till you see they be very clear, then shape them by a piece of Paper, cut out by them before they are washed, and Iron them with a good hot Iron, and then they will look Glossy like new Tiffany. And so you also starch Lawns, only remember to Iron them upon a cloath wetted and wrung out again, and turned on the wrong side, and instead of starch, you may sometimes use Gum-Arabick in water and when it is dissolved, wet the Lawns in that instead of starch, and hold them to the Fire as aforesaid, clapping and rubbing them till they are very clear.

226. *To make clean Gold and Silver Lace.*

You must pull off your Lace from your Garment, and being laid on a clean Table, take a little burnt Allom, beaten very fine, and with a small brush rub it all over very well till you find it comes to its colour, then shake it, and wipe it very well over oftentimes with a clean Linnen cloath.

227: To

227. *To cleanse all sorts of Silver plate.*

Wash your Plate in sope-suds, and dry it very well, and if any spots remain, take Salt and Vinegar and rub them out, then daub your Plate all over with Chalk and Vinegar, and lay it before the Fire, or in the Sun to dry, then rub it off with warm linnen cloaths very well, and it will look like new.

228. *To wash silk Stockens.*

Make a strong lather with Sope, and pretty hot, then lay your stockings on a Table, and take a piece of such Cloath as the Seamen use for their Sails, double it up, and rub them soundly with it, turn them first on the one side, and then on the other, till they have passed through three Lathers, then rince them well, and hang them to dry with the wrong side outwards, and when they are near dry pluck them out with your Hands, and smooth them with an Iron on the wrong side,

229. *To make clean Points and Laces.*

Take new white-bread and pare off the Crust, then lay your point upon a clean cloath on the Table, and rub the white-bread all over upon them, and afterwards rub it over again with a small clean brush and the crums of bread, till you have rub'd it very clean, then cleanse it from the bread, and gently slap it over with a clean Linnen Cloath; in the same manner you may take off the Soil from Tabby, Taffery, or white Satin, or any other coloured, if it be not too much soil'd and greasy.

230. *To get ink Spots out of linnen.*

As soon as any such accident happens, lay it immediately in Urine, and there let it lye all night, and the next day wash it out of the Urine, and put it in fresh Urine, and the next day wash it out again, and in so doing two or three times, you will find the spots and stains quite gone.

I. 5.

231.

123. *To take Spots of Grease out of Silk, Stuff or Cloath.*

Wet a linnen rag in fair water, and then put a live Wooden or Seacole upon it, and close it up about the cole, and presently lay it upon the greasy Spot whilst it is smoaking hot, and when you perceive it to cool, do so again till the spots are taken out.

232. *To take away the Stains of Linnen Cloth, caused by any sort of fruit.*

Take any of your Garments so stained before they are washed, and rub every spot thereof very well with a little butter, then let it lye a little while in scalding hot Milk, and when it is cooled, rub the spotted places in the Milk till they are quite out, and then wash it out with water and soap.

233. *To wash white Sarsenet.*

First take your Sarsenet, and spread it very smooth and streight upon a board, and spread sope upon those places that are soyled, and afterwards take a hard brush that is small, and dip it in water, and make an indifferent thick Lather, and with the brush rub your Sarsenet well with it the right way of the silk, and when one side is well washt, wash the other also, then make a clean Lather scalding hot, and put in your Hoods double into it, and cover it up, and so fast as you wash them into it, give them three good washes upon the board, and after the first Lather, let the rest be very hot, and cast them in a scald every time, then make up a scalding hot water, and after you have steeped some water of Gum Arabick, put it therein, adding thereunto some smalt to blue it a little, let the hoods be doubled up therein, and close covered for an hour, and when you take them out, dip them very well all over, and fold them up in a very small compass, and smooth them very well betwixt your hands till they be more then dry, after you have smoothed them over Brimstone, then

then smooth them with Hot Irons the way you washed them, and upon the right side of the Sarsenet.

234. *To wash black Sarsenets.*

Wash them the same way with the other, only since them in small Beer, without any Gum, and Iron them upon a Woolen Cloath on the wrong side,

235. *To wash coloured Silks.*

They must be washt the same way with the white Sarsenet, only you must not use any blew with them, neither must you smoak them over Brimstone, but in all things else you must do as in the White-Sarsenet.

236. *To Embroider Belts, Bodices, or Petticoats.*

Get your Pattern drawn, and then form it about with what you like best, black Gimp or other, and fill up the under parts and leaves with faxen-stitch, some light and some darker, and let the upper parts and Seeds of Flowers be done with high work, as Purple stitch or others, and let the stalks be all alike with a great Gimp twisted, you may make your Flowers of what fancy you please in shaddows, and being well shaddowed they will appear very Natural.

247. *To wash and Starch Points.*

You must first put your points into a Tent, then take very good Sope, and make a strong Lather therewith, then take a small brush and dip it therein, and therewith rub your Point very well on both sides, and continue so to do till you have washed it in four Lathers, and then wash it in fair Water only, and afterwards in blew water, and then take some starch that is made thin with water, and wash it over on the wrong side with your Brush, and so let it dry, then lay it upon a Table, and with an Ivory Bodkin made for that Purpose, open it in the closest and narrowest parts thereof, then open the

the Gimp, and overcast, and also all the Net-holes, and when they are thus opened you must Iron them on the wrong side, but be sure your water be warm that you may make your lather with, and let not your water with which you wash them be too blew.

248. *To fry Salmon.*

Take a Jole, Chine or Rand, and fry it in Clarified Butter, when it is stiff and crisp fried, make sauce thereof with a little Claret-wine, sweet Butter, grated Nutmeg, slices of Orange, and Oyster liquor, stew them altogether, and pour on the sauce, and on that Parsley, Alsaulder, and Sage-leaves fried in butter,

Because

Because many Books of this Nature have the Terms of Carving added to them, as being necessary for the more proper Nominating of things; I have thought good also to add them: As also some Bills of Fare, both upon Ordinary and Extraordinary Occasions.

Terms of Carving both Fish, Fowl, and Flesh.

A Llay a Pheasant.
 Barb a Lobster.
 Border a Pasty.
 Break a Deer or Egripr.
 Break, a Sarcel, or Teal.
 Chine a Salmon.
 Culpon a Trout.
 Mince that Plover.
 Rear that Goose.
 Sauce a Capon, or tench.
 Cut up a Turkey, or bustard.
 Dismember that Heron.
 Display that Crane.
 Disfigure that Peacock.
 Fin that Chevin.
 Leach that brawn.
 Lift that Swan.
 Timber the Fire.
 Tire an Egg.

Tranch that Sturgeon.
 sauce a plaice or flounder.
 Side that Haddock,
 Splay that Bream.
 Splat that Pike.
 Unbrace a Mallard.
 Under-Tench a Porpuſs.
 Unjoynt a Bittern.
 Unlace a Coney,
 Untach that Curlew.
 Untach that Brew.
 Spaul that Hen.
 String that Lamprey.
 Tame a Crab.
 Thigh a Pigeon, and
 Woodcock, and all
 manner of small birds.
 Tranſon that Hel.
 Truſs that Chicken.
 Tuſk a Barbel.

Par.

*Particular directions how to Carve
according to the Former Terms of
Carving.*

Unlace that Coney.

LAY your Coney on the back, and cut away the Vents, then raise the Wings, and the sides; and lay the Carcass and sides together; then put to your sauce, with a little beaten Ginger and Vinegar.

Thigh a Woodcock.

Raise the Legs and Wings of the Woodcock, as you would do of a Hen, then take out the brains, and no other sauce but salt.

Allay a Pheasant.

Raise the legs and Wings of the Pheasant, also a Woodcock, as also of a Snipe, and a Plover, and only salt.

Display a Crane.

Unfold the legs of the Crane, and cut off his Wings by the Joynts, then take up his Wings and legs, and make sauce of Mustard, Salt, Vinegar, and a little beaten Ginger.

To cut up a Turkey.

Raise up the leg very fair, and open the Joynt with the point of your Knife, but cut it not off, then lace down the breast with the point of your knife, and open the breast Pinion, but take it not off, then raise up the Merry thought betwixt the breast-bone and the top, then lace down the flesh

on

on both sides the breast-bone, and raise up the Flesh called the brawn, and turn it outward upon both sides, but break it not, nor cut it off. then cut off the Wing-pinions at the joynt next the Body, and stick in each side the Pinion in the place you turned out the Brawn, but cut off the sharp end of the pinion, and take the middle piece, and that will fit just in the place; you may cut up a Capon or Pheasant the same way:

Break a Sarcel, or Teal, or Egript.

Raise the Legs and Wings of the Teal, and no sauce but Salt.

Wing a Partridge, or Quail.

Raise his legs and wings, as of a Hen, and if you mince him, make Sauce with a little White-wine, and a little beaten Ginger, keeping him warm upon a Chafing-dish of Coals till you serve him.

To untach a Curlew, or brew.

Take either of them, and raise their Legs, as before, and no sauce but Salt.

To unbrace a Mallard.

Raise up the Pinion and Legs, but take them not off, and raise the Merry-thought from the breast, and lace down each side with your Knife, waving it to and fro.

To sauce a Capon.

Lift up the Right Leg of the Capon, and also the Right Wing, and so lay it in the Dish in the posture of flying, and so serve them; but remember, that Capons and Chickens, be only one sauce, and Chickens must have green sauce or Verjuice.

Bills

Bills of Fare for all times of the Year ; and also for Extraordinary Occasions.

A Bill of Fare for the Spring Season.

1. **A** Collar of Brawn and Mustard.
2. A Neats-Tongue and Udder.
3. Boyled Chickens.
4. Green Geese.
5. A Lumbar-Pye.
6. A dish of young Rabbits.

Second Course.

1. A Haunch of Venison.
2. Veal Roasted.
3. A Dish of Soles or Smelts.
4. A Dish of Asparagus.
5. Tansie.
6. Tarts and Custards.

A Bill of Fare for Midsomer.

1. A Neats-Tongue and Colliflowers.
2. A Fore quarter of Lamb.
3. A Chicken-pye.
4. Boyled Pigeon.
5. A Couple of stewed Rabbits.
6. A Break of Veal Roasted.

Second Course.

1. An Artichoke-Pye.
2. A Venison Pasty.
3. Lobsters and Salmon.
4. A Dish of Pease.

5. A Goose.

Bills of Fare.

5. A Goose-berry-Tart.
6. A dish of Straw-berries.

A Bill of Fare for Autumn, or Harvest.

1. A Capon and White broth.
2. A Westphalia Ham, with Pigeons.
3. A Grand Sallet.
4. A Neats-Tongue and Udder roasted.
5. A Powdered Goose.
6. A Turkey Roasted.

Second Course.

1. A Potato, or Chicken-Pye.
2. Roasted Partridges.
3. Larks and Chickens.
4. A Made dish.
5. A warden-Pye, or Tart.
6. Custards.

A Bill of Fare for Winter Season.

1. A Collar of Brawn.
2. A Lamb's Head and white broth.
3. A Neats-Tongue and Udder roasted.
4. A Dish of Minced-Pyes.
5. A Venison, or Lamb-pye.
6. A dish of Chickens.

Second Course.

1. A side of Lamb.
2. A dish of Wild ducks.
3. A Quince-Tart.
4. A Couple of Capons Roasted.
5. A Turkey Roasted.
6. A Dish of Custards.

A Bill of Fare upon an extraordinary Occasion.

1. A Collar of Brawn.
2. A Couple of Pullets boyled.
3. A Bisk of Fish.
4. A dish of Carps.
5. A grand boyled Meat.
6. A grand Sallet.
7. A Venison Pasty.
8. A Roasted Turkey.

9. A

9. A Fat Pig.
10. A powdered Goose.
11. A Haunch of Venison roasted.
12. A Neats-Tongue and Udder roasted.
13. A *Westphalia* Ham boyled.
14. A Joll of Salmon.
15. Minced pies.
16. A Surloyn of Roast-beef.
17. Cold baked Meats.
18. A dish of Custards.

Second Course.

1. Jellies of all sorts.
2. A dish of Pheasants.
3. A Pike boyled.
4. An Oyster-pye.
5. A dish of Plovers.
6. A dish of Larks.
7. A Joll of Sturgeon.
8. A couple of Lobsters.
9. A Lumber-pye.
10. A couple of Capons.
11. A dish of Partridges.
12. A Fricacy of Fowls.
13. A dish of wild-ducks.
14. A dish of cram'd Chickens.
15. A dish of stewed Oysters.
16. A Marchpane.
17. A dish of Fruits.
18. A dish of Tarts.

A Bill of Fare for fish-days.

1. A dish of Butter and Eggs.
2. A barrel of Oysters.
3. A Pike boyled.
4. A stewed Carp.
5. An Eel-pye.
6. A Pole of Ling.
7. A dish of green fish buttered with Eggs.
8. A dish of stewed Oysters.
9. A Spinage Sallet boyled.

10. A dish of soles.
11. A Joll of fresh salmon.
12. A dish of smelts fry'd.

Second Course.

1. A couple of Lobsters.
2. A roasted Spitchcock.
3. A dish of Anchovies.
4. Fresh Cod.
5. A Bream roasted.
6. A dish of Trouts.
7. A dish of Plaice boyled.
8. A dish of Perches.
9. A Carp farced.
10. A Potato-Pye.
11. A dish of Prawns buttered.
12. Tenches with short broth.
13. A dish of Turbut.
14. A dish of Eel-pouts.
15. A Sturgeon with short broth.
16. A dish of Tarts and Custards.

*A Bill of Fare for a Gentlemans House about
Candlemas.*

1. A Pottage with a Hen.
 2. A *Catham* Pudding.
 3. A Fricacie of Chickens.
 4. A Leg of Mutton with a sallet.
- Garnish your dishes with Barberries.

Second Course.

1. A Chine of Mutton.
 2. A Chine of Veal.
 3. A Lark-pye.
 4. A Couple of Pullers, one Larded.
- Garnished with Orange slices.

Third Course.

1. A dish of Woodcocks.
2. A couple of Rabbits.
3. A dish of Asparagus.
4. A *Westphalia* Gammon.

*Bills of Fare.**Last Course.*

1. Two Orange-Tarts, one with Herbs.
2. A bacon-Tart.
3. An Apple-Tart.
4. A dish of bon-Chriteen-Pears.
5. A dish of Pippins.
6. A dish of Pearmain.

A Banquet for the same Season.

1. A dish of Apricots.
2. A dish of Marmalade of Pippins.
3. A dish of preserved Cherties.
4. A whole red Quince.
5. A dish of dried sweet-meats.

*Reader,**Reader,*

I Have here presented to thee the order of a Feast, and a Bill of Fare, which was taken out of the Records of the Tower; I have done it the rather, that thou maist see what Liberality and Hospitality there was in Antient times amongst our Progenitors: like this to Solomons Royal House keeping. yet he was one that was endued with wisdom from above; by which liberality his Subjects were made rich, so that silver was as plenty as Stones in the streets of Jerusalem, and there was Peace in all his dayes: According to his Judgement from his inspired Wisdom, so was his Practise, and so was his Declaration: for food and raiment, is all the Portion that man hath in this life.

Thus hoping to see Liberality flourish amongst us once more; as in old time.

I remain thine,

B. H.

*A great FEAST made by George Nevil
Chancellor of England, and Arch-Bishop
of York, in the days of EDWARD
the Fourth, 1468.*

0300 Q UARTERS of Wheat.	0100 Curlews.
0300 Tun of Ale.	1000 Egrites.
0100 Tun of Wine.	0504 Stags, Bucks and Roes.
0001 Pipe of Ipocras.	0103 Pasties of Venison cold.
0104 Oxen	0508 Pikes and Breasts.
0006 Wild Bulls.	6000. Dishes of Jelly.
1000 Muttons.	0103 Cold Tarts.
0304 Veals.	3000 Cold Custards.
0304 Porks.	1500 Hot Venison Pa- sties.
0400 Swines.	3000 Hot Custards.
3000 Geese.	0013 Porroffes and seals.
1000 Capons.	Besides abundance of Sweet-meats.
3000 Piggs.	<i>The great Offices</i>
0400 Plovers.	Earl of <i>Warwick</i> Steward.
0100 Dozen of Quails.	Earl of <i>Northumberland</i> Treasurer.
0200 Dozen of Fowls called Rees.	L. <i>Hastings</i> Cup bearer.
0400 Peacocks.	Lord <i>Willowby</i> Carver.
0400 Mallards and Teals.	Lord <i>John</i> of <i>Buckingham</i> Controuler.
0234 Cranes.	Sir <i>Richard Stanwig</i> Sur- veyor.
0204 Kiddy.	Sir <i>William</i> <i>worlly</i> Mar- shall of the Hall.
3000 Chickens.	Eight Knights of the Hall.
4000 Pidgeons.	
4000 Conys.	
0200 Bullers.	
9400 Heronshaws.	
0200 Pheasants.	
0500 Partridges.	
0400 Woodcocks.	

Eighty

Eighty Esq; of the Hall.
Two other Surveyors of
the Hall.

Sir *John Malbiury* Pantler
Two Esquires Keepers of
the Cubbard.

Sir *John Pracenock* Super-
visor of the Hall.

Estates sitting in the Hall.
At the High Table.

The Archbishop in his
State, on his Right-
hand, the Bishops of
London, Durham and
Ble.

On his Left-hand, the
Duke of *Suffolk*, the
Earls of *Oxford* and
Worcester.

At the second Table.
The Abbots of *Saint Ma-
ries.*

The Doctors of Halls of
Rivones.

The Queresters of *Ri-
vones.*

The Prownes of *Durham*,
of *Girglen*, and of *Ber-
lenton*, of *Giserow*, and
others, the number of
eighteen.

At the third Table.
The Deans of *York*, the
Lords of *Cornwel, York*,
Durham, with forty
eight Knights.

At the fourth Table.
The Deans of *Durham*
and of *Saint Ambroses*,

all the Prebends of the
Minster.

At the fifth Table.
The Mayors of *York* and
Calice, and all the Al-
dermen.

At the sixth Table.
The Judges of the Land,
four Barons of *Exche-
quer*, and 26 Counsel-
lors.

At the last Table.
Sixty nine Knights, wear-
ing the Kings badges
and his Arms.

Estates sitting in the chief
Chamber.

At the first Table.
The Duke of *Glocester* the
Kings Brother, and up-
on his Right hand the
Duke of *Suffolk*, and
upon his left hand the
Countess of *westmor-
land* and *Northumber-
land*, and two of the
E. of *Warwick*s daugh-
ters.

At the second Table.
The Barons of *Greystock*,
with 3 other Barons.

At the third Table.
Eighteen Gentlemen of
the said Lands.

Estates sitting in the se-
cond Chamber.

At the first Table.
The elder Dutcheffs of
Suffolk, the Countess
of

of warwick and Oxford, the Ladies Hastings and Barwick.

At the second Table.

The Earls of Northumberland and Westmorland, the Lords of Fitzhugh only with two Barons.

At the third Table.

Fourteen Gentlemen, and 14 Gentlewomen of quality.

In the low Hall.

Four hundred and 12 of the Nobility with double service.

In the Gallery.

0200 Noble mens servants, with their servants.

1100 Inferiour Officers, with their servants. } 2162

1500 Other meaner servants of all Offices.

0062 Cooks.

FINIS.

The Table to the Art of Preserving, Conserving, and Candying.

A.		Black cherry wine	44	
A	Almond Butter	4	Bragget to make	65
	Almond Caudle	38	Broom buds to pickle	21
	Almond Milk	6	Burrage Flowers to candy	27
	Angelets to make	9	Dr. Burges Plague water.	23
	Angellica Roots Preserved	18		
	Angelica water	13	C.	
	Apricot Cakes	27	Cakes of Lemon	44
	Apricots preserved	6	Capon water	45
	Aqua Composita	21	Caraway Cake	49
	Aqua mirabilis	7	Candyng Pears, &c.	3
Artichoke bottoms pickled	63, 30	Candle of great virtue	37	
Artichokes to pickle	51	Cherries to candy	39	
Artificial Claret-wine	22	Cherries dry'd in the Sun	12	
Artificial Malmsey	22	Cherries Preserved	2	
Artificial Oranges	47	Cherry wine	7	
Artificial Walnuts	44	Cherries to dry	23, 12	
B		Chestnuts kept all the Year		
Banbury Cakes	31		43	
Barberries candied	44	China breath	46	
Barberries preserved	42	Chips of Quinces	54	
Barley water	20	Chrystal Jelly	26	
Baum water	21	Cinamon sugar	41	
Bisket cakes to make	27	Cinamon water	2	
		K	Clove-	

The Table.

Clave-gill-flowers to pickle	40	D.	Damask water	33
Comfortable Syrup	38		Damsons preserved	10, 44
Comfits of all sorts	60		Dr. Deodates drink	for
Conserve of Barberries	1		the Scruvy	20
Conserve of Burage flowers	25		Date Leach	35
Conserve of Bugloss flowers	54		Dry Vinegar to make	35
Conserve of Damsons	16		E.	
Conserve of Oranges	16, 3		Elder Vinegar	46
Conserve of Prunus	26		Ellecampane roots candied.	41
Conserve of Quinces	11		Fringo Roots Candied	40
Conserve of Roses	1		Excellent Broath	8
Conserve of Rosemary	13		Excellent Hippocras	pro
Conserve of Strawberries	25		sently	22
Conserve of sage	62		Excellent Jelly	6
Conserve to strengthen the back	20		Excellent surfeit water	37
Conserve for Tarts all the Year	28		Excellent sweet water.	25
Cock-Ale to make	49		F.	
Cordial strengthening broath	42		Fine cakes	32
Cream of Apricots	42		Flymery Candle	52
Cream of Codlins	46		French Beans to pickle	6
Cream of Quinces	5		French Bisket to make	16
Cream Tarts	47		Fruits dried	29
Cornelians to Pickle	64		Fruits preserved all the Year.	52
Cordial water of Clave-gilliflowers	50		G.	
Cucumbers to pickle	3		Ginger to candy	25
Cucumbers preserved green	43		Gingerbread to make	31
Cullice to make	42		Gooseberry cakes	8
Currans preserved	8		Gooseberries preserved.	17
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